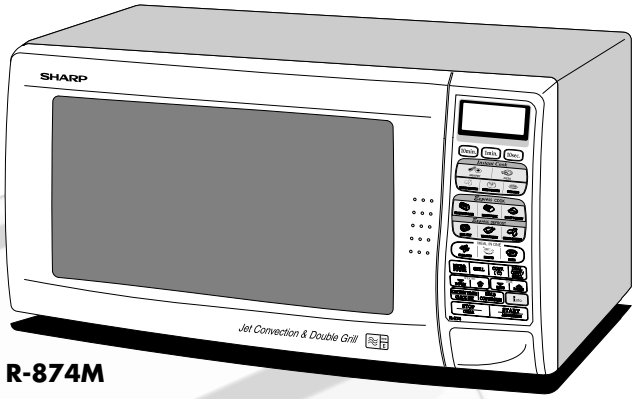
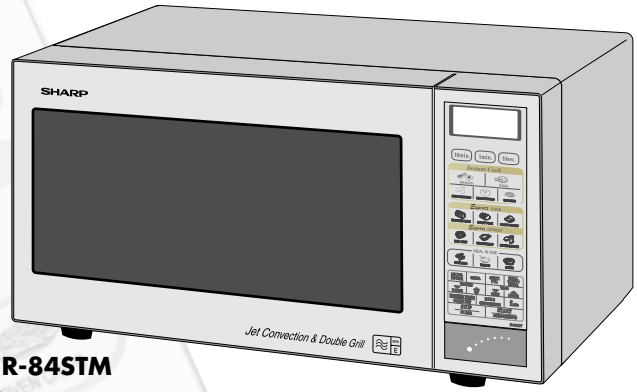
SHARP



R-874M



R-84STM

R-884M

R-874M / R-84STM / R-884M MICROWAVE OVEN WITH TOP & BOTTOM GRILLS AND CONVECTION

OPERATION MANUAL WITH COOKBOOK

900W (IEC 60705)

R-874M/R-84STM Op Man/Ck Bk 30/3/01 9:10 am Page 1

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

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OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

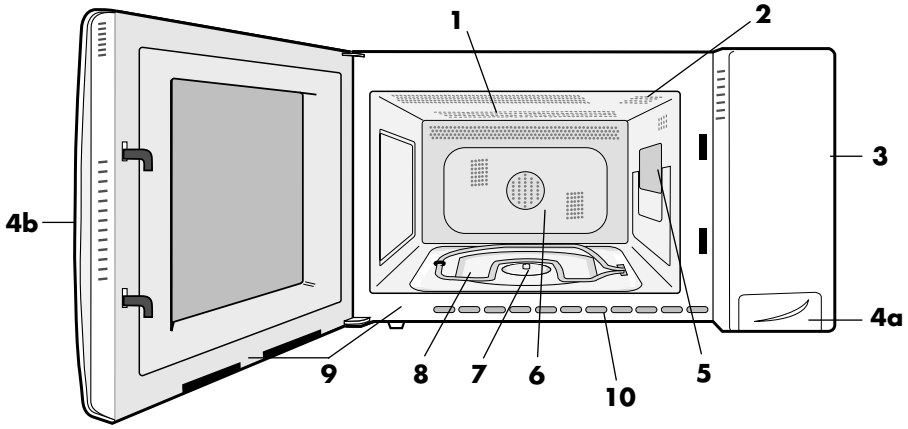
IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website - http://www.sharp.co.uk/support.

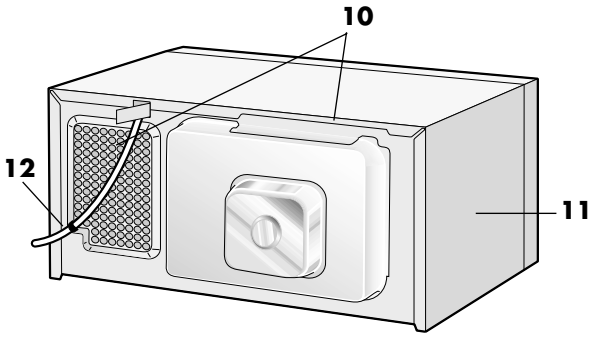
Customers without Internet access may telephone 08705 274277 during office hours, or from Ireland (01) 676 0648.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

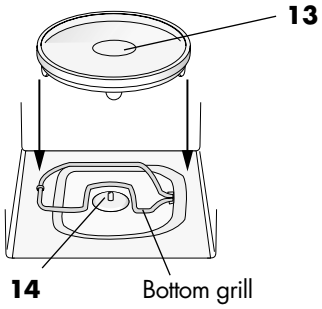
OVEN AND ACCESSORIES



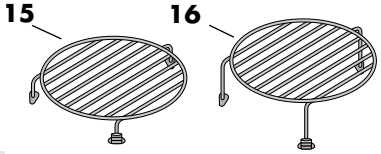
1 Grill heating element (top grill)
2 Oven lamp
3 Control panel
4a Door opening button (R-874M & R-84STM)
4b Door opening handle (R-884M)
5 Waveguide cover (DO NOT REMOVE)
6 Oven cavity
7 Turntable motor shaft
8 Grill heating element (bottom grill)
9 Door seals and sealing surfaces
10 Air-vent openings
11 Outer cabinet
12 Power cord



ACCESSORIES:
Check to make sure the following accessories are provided:
13 Turntable **14** Turntable motor shaft
Place the turntable on to the turntable motor shaft so that it locates firmly. To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.
15 Low rack and **16** High rack (For use of the racks, refer to the grilling, convection and dual cooking sections on pages 11 - 15).
• **Never touch the bottom grill when it is hot.**



NOTES:
- Always operate the oven with the turntable and support fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP approved service facility.

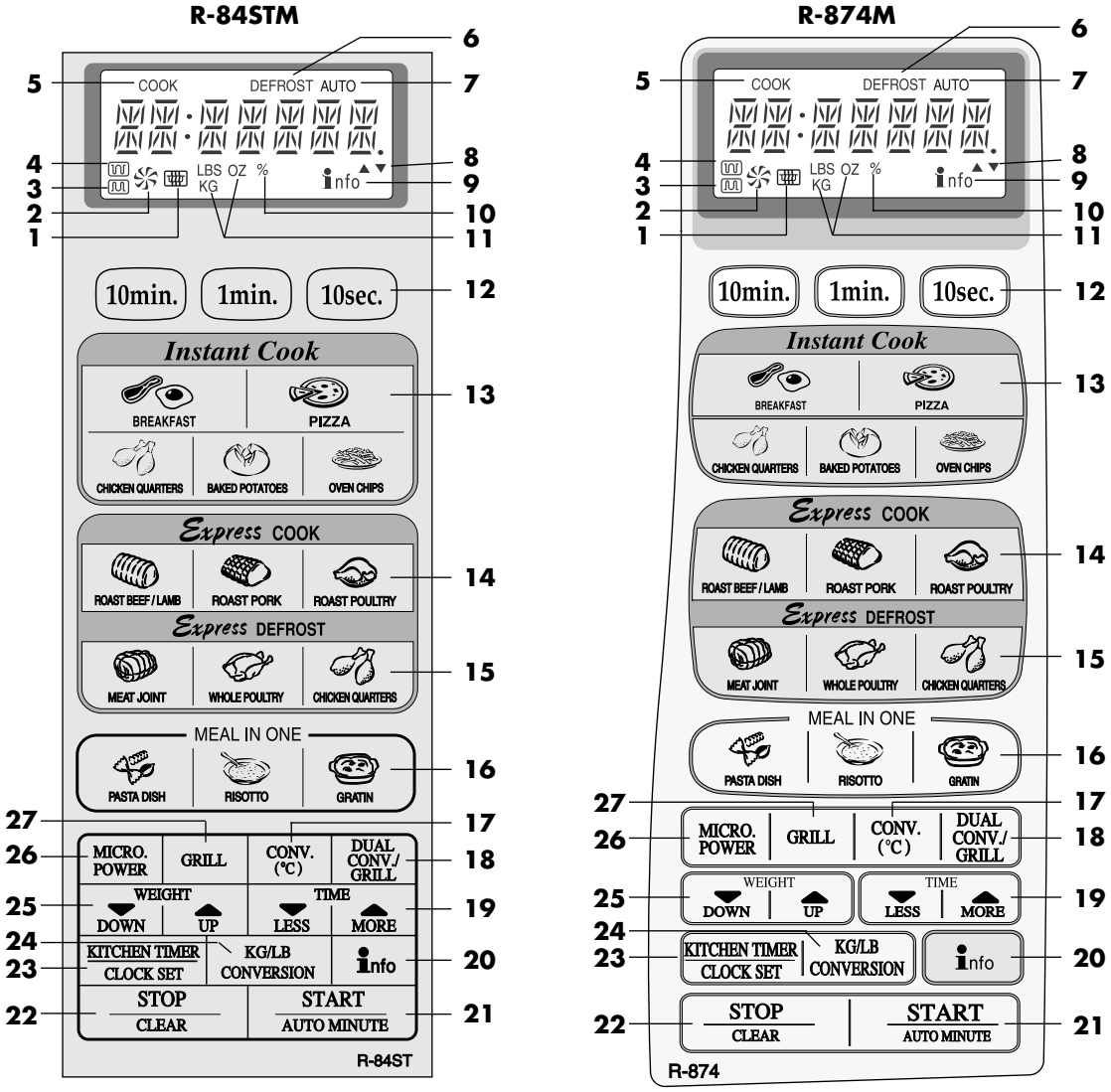


For use see page 11-15

⚠ WARNING:

The accessories become very hot during Grill, Convection, Dual cook, Instant Cook, Express Cook and Meal In One modes. To prevent burns, use thick oven gloves when removing food or the turntable from the oven.

R-84STM & R-874M CONTROL PANELS



For explanation of DIGITAL DISPLAY INDICATORS and CONTROL PANEL keys, please see next page.

DIGITAL DISPLAY

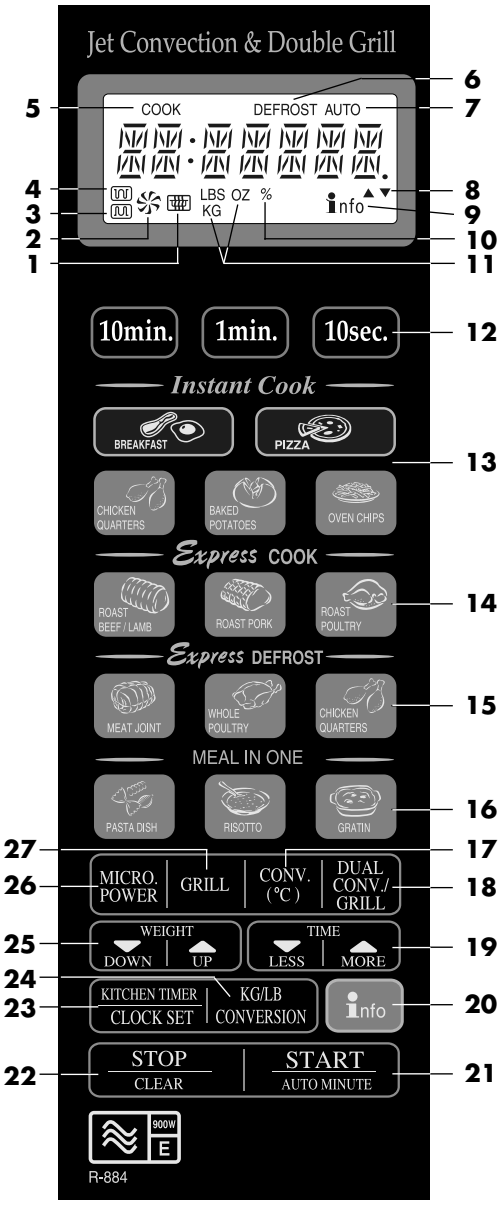
1. **MICROWAVE** indicator
2. **CONVECTION** indicator
3. **BOTTOM GRILL** indicator
4. **TOP GRILL** indicator
5. **COOK** indicator
6. **DEFROST** indicator
7. **AUTO** indicator
8. **LESS/MORE** indicators
9. **INFO** indicator
10. **MICROWAVE POWER LEVEL** percentage
11. **WEIGHT** indicators

CONTROL PANEL

12. **TIME** keys
13. **INSTANT COOK** keys
14. **EXPRESS COOK** keys
15. **EXPRESS DEFROST** keys
16. **MEAL IN ONE** keys
17. **CONV. (°C)** key
18. **DUAL CONV./GRILL** key
19. **LESS/MORE** keys
20. **INFO** key
21. **START/AUTO MINUTE** key
22. **STOP/CLEAR** key
23. **KITCHEN TIMER/CLOCK SET** key
24. **WEIGHT CONVERSION** key
25. **WEIGHT** keys
26. **MICRO. POWER** key
27. **GRILL** key

R-884M CONTROL PANEL

R-884M



DIGITAL DISPLAY

1. **MICROWAVE** indicator
2. **CONVECTION** indicator
3. **BOTTOM GRILL** indicator
4. **TOP GRILL** indicator
5. **COOK** indicator showing oven in operation
6. **DEFROST** indicator
7. **AUTO** indicator, showing auto cooking in progress
8. **LESS/MORE** indicators
9. **INFO** indicator for information display
10. **MICROWAVE POWER LEVEL** percentage microwave power level indicator
11. **WEIGHT** indicators

CONTROL PANEL

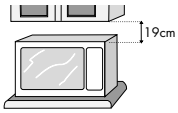
12. **TIME** keys
    Use to enter cooking time.
13. **INSTANT COOK** keys
    Use to cook foods illustrated.
14. **EXPRESS COOK** keys
    Use to cook foods illustrated.
15. **EXPRESS DEFROST** keys
    Use to defrost foods illustrated.
16. **MEAL IN ONE** keys
    Use to cook foods illustrated.
17. **CONV. (°C)** key
    Press to select convection temperature.
18. **DUAL CONV./GRILL** key
    Press to select Dual Convection or Dual Grill
19. **LESS/MORE** keys
    Press to shorten or lengthen cooking time.
20. **INFO** key
    Press to select information displays.
21. **START/AUTO MINUTE** key
    Press to start a programme. Press once to cook on 100% for 1 minute or increase time during cooking in multiples of 1 minute.
22. **STOP/CLEAR** key
    Press once to stop a programme, twice to cancel a programme.
23. **KITCHEN TIMER/CLOCK SET** key
    Press to use as a minute timer, or to programme standing time. Press twice to set the clock.
24. **WEIGHT CONVERSION** key
    Use to change weight unit, e.g. Kg/g to Lb/oz.
25. **WEIGHT** keys
    Press up or down to select correct weight/ number of pieces. When minimum (or maximum) weight/ number is reached, the display will not change, even if you continue to press the DOWN (or UP) key.
26. **MICRO. POWER** key
    Press to select microwave power level.
27. **GRILL** key
    Press to select grill.

INSTALLATION

WARNING:
Inspect the Oven:
- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:
If any damage is apparent, do not operate the oven in any way. Contact your dealer or a SHARP approved service facility. (see p. 66)

1. Remove all packing materials including the feature sticker (if applicable). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE.
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. The minimum height of free space necessary above the top surface of the oven is 19cm.



4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
5. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
6. Make sure the power supply cord is undamaged (See IMPORTANT: ELECTRICAL CONNECTION! below). **Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.**
7. The socket must be readily accessible so that it can be easily unplugged in an emergency.
8. Do not use the oven outdoors.

BUILDING-IN-KIT.

The R-884M microwave oven is not designed to be built-in to a kitchen unit.

An installation frame is available for R-874M and R-84STM which enables the microwave oven to be integrated within a kitchen unit.

The microwave ovens are not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit, EBR-4700 (R-874M) or EBR-47ST (R-84STM), available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven. When building, follow installation instructions carefully.

IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by a SHARP approved service facility.
- When removing the plug from the socket always grip the plug, never the mains lead as this may damage the power supply cord and the connections inside the plug.
- If the fitted mains plug to your oven is a rewireable type and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, remove the plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 65.
  If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off.
- If the plug fitted to your oven is a non-rewirable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 65.

Danger:

The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.

Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

The plug must not be used without the fuse cover fitted.

If you have any doubt about your microwave oven obtain the help of a qualified electrician.

When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

⚠ **WARNING: THIS APPLIANCE MUST BE EARTHED**

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 65.

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food preparation only. Never operate when empty, except as directed in the operation manual (see page 11).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air-vent openings switch off the oven immediately, unplug it and call a SHARP approved service facility. (See page 66).
- Never move the oven while it is operating.
- Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL**, **DUAL GRILL**, **CONVECTION**, **DUAL CONVECTION** modes, **EXPRESS COOK**, **INSTANT COOK** and **MEAL IN ONE** operations, unless wearing thick oven gloves, as they will become hot. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Fire: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

Liquids: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking.

MAFF HEATING CATEGORY

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

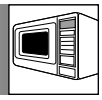
Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Microwave Symbol.

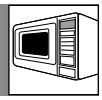
OVEN OUTPUT POWER	Less heating time required → 600 700 800 900 1000 Watts ← More heating time required
OVEN OUTPUT CATEGORY	Less heating time required → A B C D E ← More heating time required

MICROWAVING



Introduction:
Water, sugar and fat in food absorb microwaves which causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.
Outer areas of food are heated by microwave energy, and remaining portions by conduction. It is, therefore, important to **turn**, **rearrange** or **stir** food to ensure even heating. Where recommended allow food to stand. This is not optional but necessary to ensure thorough cooking and is particularly important for dense food, such as joints of meat.
Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes. Microwaves are reflected by metal. The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage. Metallic dishes are not suitable for microwaving. Only use utensils that are suitable for microwave ovens.
(See suitable cookware, pages 27 - 28).

MICROWAVE POWER LEVELS



Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100% - (HIGH output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

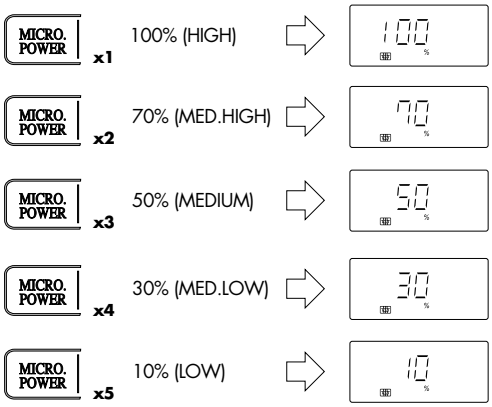
70% - (MEDIUM HIGH output = 630W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes.

50% - (MEDIUM output = 450W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30% - (MEDIUM LOW output = 270W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10% - (LOW output = 90W) For gentle defrosting, eg. cream gateaux or pastry.

To change the power level for cooking, enter the required time and then press the **MICRO. POWER** key.
For example:



Power level: The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will default to 100% unless you press the **MICRO. POWER** key to the desired setting.

TO CHECK THE POWER LEVEL:
To check the microwave power level during cooking, press the **MICRO. POWER** key. As long as your finger is pressing the **MICRO. POWER** key the power level will be displayed. The oven continues to count down although the display will show the power level.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

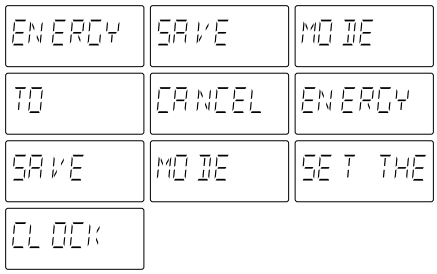
BEFORE OPERATION

Your oven has an energy save mode.

1. Plug in the oven. Nothing will appear on the display at this time.
2. Open the door. The display will flash the message shown.
3. Close the door. The display will show " . 0". If you set the clock, "energy save" mode will be off. If you keep "energy save" mode, go to step 5.
4. Set the clock, refer to page 9.
5. Heat the oven using the upper and lower grills without food for 20 minutes. (For operation, see NOTES on page 11).

1.

2.



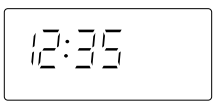
3.

ENERGY SAVE MODE

Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.
When you have unpacked your oven and assembled the turntable correctly (please refer to pages 2 & 5) plug the oven into your electricity supply. Open & close the door. "0" will appear on the display. The oven is now ready for use.
The oven will default to Energy Save Mode after 3 minutes if not used. In Energy Save Mode the display is blank and the oven cannot be operated.
To cancel Energy Save Mode:
i) Open & close the door. "0" will be displayed and the oven is ready for use.
ii) Set the clock. Please refer to "Setting the clock" on page 9. (To revert back to Energy Save Mode, follow the procedure below).
Note: If you unplug your oven at any stage you will have to reset the clock to cancel Energy Save Mode.

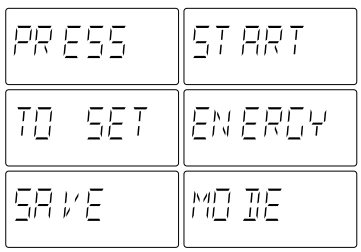
To start Energy Save Mode when the clock is set.

1. Make sure the correct time appears on the display.



2. Press the **KITCHEN TIMER/CLOCK SET** key 3 times.

x3



3. Press the **START/AUTO MINUTE** key. The power will be off and the display will show nothing.

x1

SETTING THE CLOCK

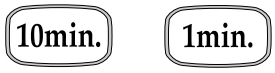
Your oven is fitted with a 12 hour clock.
To set the time of day, follow the guidelines given in the example below:

EXAMPLE:
To set the time of day, 12:35:

1. Press the **KITCHEN TIMER/ CLOCK SET** key twice.

x2

2. To enter the hours, by pressing the **10 MIN** key once and the **1 MIN** key twice.



x1 x2

3. To change from hours to minutes press the **KITCHEN TIMER/ CLOCK SET** key once.

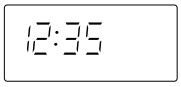
x1

4. To enter the minutes press the **10 MIN** key 3 times then the **1 MIN** key 5 times.

x3 x5

5. To start the clock press the **KITCHEN TIMER/ CLOCK SET** key once.

x1



NOTES:

- To check the time of day during a cooking process, press **KITCHEN TIMER/CLOCK SET** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show 0 when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show: 0 after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the above example again.

HOW TO OPERATE THE OVEN

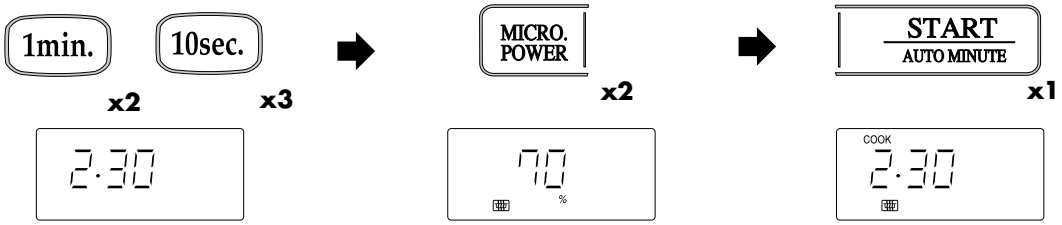
Opening and closing the door:
To open the oven door for R-884M, pull the door opening handle, for R-84STM and R-874M press the door opening button. The oven lamp will come on while the door is open. Close the door firmly and the oven lamp will go out.

Starting the oven:
Prepare and place food in a suitable container onto the turntable or directly onto the turntable. Close the door and press the **START/AUTO MINUTE** key.

Stopping the oven:
If you wish to stop the oven during cooking press the **STOP/CLEAR** key once or open the oven door. If you wish to cancel the cooking programme, press the **STOP/CLEAR** key twice.

Example:
To cook for 2 minutes and 30 seconds on 70% microwave power .

1. To enter the cooking time, press the **1 MIN** key twice then the **10 SEC** key three times.
2. To input the power level press the **MICRO. POWER** key twice for 70%.
3. Press the **START/AUTO MINUTE** key once to start cooking.

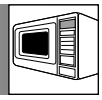


The display will count down through the cooking time.

NOTES:

- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- When the door is opened during cooking, the cooking time on the display stops automatically. The cooking time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When oven operation is finished, the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICRO. POWER** key. As long as your finger is touching the key the power level will be displayed.

GRILLING



The oven has top and bottom grills which can be operated independently or combined.

- First enter the cooking time by using the **TIME** keys.
- Then press the **GRILL** key to select the heating element(s) required (top, bottom or combined). See table opposite for selection details.
- Press the **START/AUTO MINUTE** key.

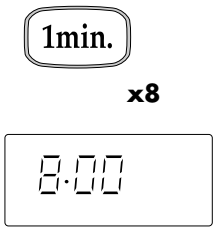
COOKING MODE	PRESS GRILL KEY
GRILL - 1 (Top Grill)	Once
GRILL - 2 (Bottom Grill)	Twice
GRILL - 3 (Top & Bottom Grills)	3 Times

The turntable rotates to ensure even browning during grilling. Use the grill mode for bacon, fish fingers and tea cakes or for making cheese on toast. It is also ideal for browning and crisping food which has been microwaved.

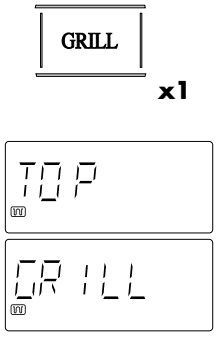
NOTE:
When first using the grill heating elements, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the top and bottom grills without food for approximately 20 minutes.

EXAMPLE:
To grill for 8 minutes using GRILL - 1.

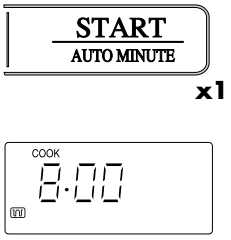
1. To enter the grilling time, press the **1 MIN** key 8 times.



2. To select the GRILL - 1 press the **GRILL** key once.



3. Press the **START/AUTO MINUTE** key once to start grilling.



The display will count down through the grilling time.

NOTES:
- When browning or crisping foods in a casserole dish, place directly onto the turntable or low rack.
- After cooking the display may show "NOW COOLING".
- Follow recommended GRILL times and procedures given in the charts on page 38.

⚠ **WARNING:**
The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

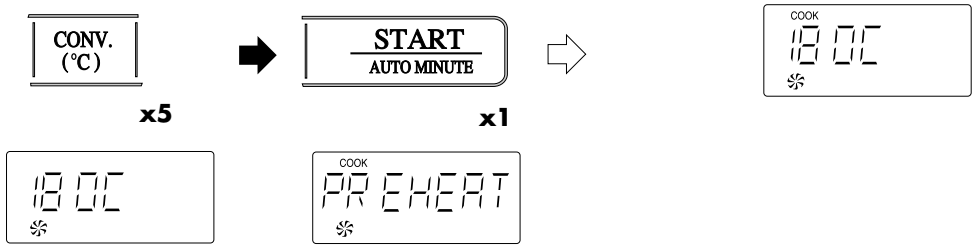
PREHEATING THE OVEN

CONV. (°C)

Your oven can be preheated to a desired temperature prior to oven cooking.

EXAMPLE:
To preheat the oven to 180°C.

1. To enter the desired temperature press the **CONV. (°C)** key 5 times.
2. Press the **START/AUTO MINUTE** key to begin preheating.
3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and temperature before pressing the **START/AUTO MINUTE** key.



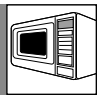
NOTES:

- During preheating and convection cooking, you will hear the cooling fan cycling on and off. This is completely normal and will not affect the cooking.
- When the oven reaches the desired temperature, the audible signal will sound and display the temperature in °C. **Do not press the STOP/CLEAR key after opening and closing the door**, **as this will cancel the CONVECTION MODE.**
- If you prefer not to preheat the oven where recommended in the cookbook section, allow extra cooking time.
- The preheated temperature will be maintained for approximately 30 minutes before automatically turning itself off and returning to the time of day, if the clock has been previously set.
- If you wish to preheat the oven, then cook at a different temperature, enter the cooking time then press the **CONV. (°C)** key until the desired temperature is displayed.
- You can check the actual temperature during preheating by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the oven operation.

⚠ **WARNING:**

The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

CONVECTION COOKING



CONV. (°C)

Your oven can be programmed to cook with ten different temperatures by combining the top and bottom grills with the convection fan.

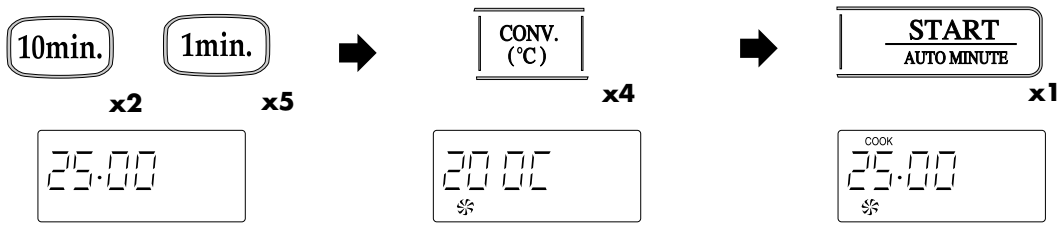
The temperatures available in degrees Centigrade are:
250°C, 230°C, 220°C, 200°C, 180°C, 160°C, 130°C, 100°C, 70°C, 40°C

NOTES:

- CONVECTION cooking is ideal for cooking buns, biscuits and scones.
- When using the CONVECTION facility, all metal cookware can be used. See SUITABLE COOKWARE pages 27 - 28.
- Temperature measurements taken whilst the oven is in convection mode will differ slightly from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cook book are followed correctly.

EXAMPLE:
To bake for 25 minutes at 200°C convection.

1. To enter the baking time, press the **10 MIN** key twice then the **1 MIN** key 5 times.
2. To enter the temperature press the **CONV. (°C)** key 4 times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the baking time.

NOTES:

- Once the oven has started you can find out the temperature you have programmed by pressing the **CONV. (°C)** key. The temperature will appear on the display. This will not affect the programme or cooking time.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical components. The display may show "NOW COOLING".
- Recipes requiring a browned or crispy underside (ie; pies, pizza and bread), should be placed directly on the turntable, unless instructions in the cookbook section state otherwise.
- Joints of meat/poultry should be cooked on the low rack, on the turntable.
- Small food items such as pastries or biscuits should be cooked on the low rack so as to avoid browning too quickly.

⚠ **WARNING:**
The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

DUAL COOKING

DUAL CONV./ GRILL

DUAL COOKING combines the power of microwave with convection or the grill modes.

There are three DUAL COOKING modes:

1. DUAL - 1 - Convection and Microwave
2. DUAL - 2 - Top Grill and Microwave
3. DUAL - 3 - Bottom Grill and Microwave

These modes are preset with microwave power level, 30%.

- First enter cooking time.
- Then select the DUAL COOKING mode by pressing the **DUAL CONV./GRILL** key until the desired setting appears on the display. See table opposite.
- Press the **START/AUTO MINUTE** key.

COOKING MODE	PRESS DUAL CONV./GRILL KEY
Dual - 1 (Convection + Microwave)*	Once
Dual - 2 (Top Grill + Microwave)*	Twice
Dual - 3 (Bottom Grill + Microwave)*	3 times

NOTE:

* To adjust the microwave power level, press the **MICRO. POWER** key.

* You can select power levels 10% to 100% for DUAL - 2/ DUAL - 3, and power levels 10% to 50% for DUAL - 1.

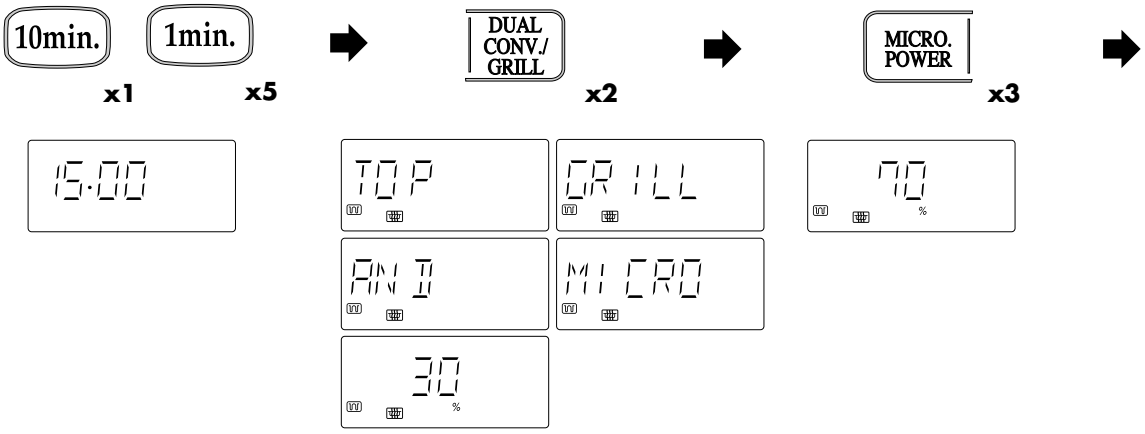
* To adjust the convection temperature, press the **CONV. (°C)** key.

The combination of microwaves with the grill or the convection reduces cooking time and provides a crisp, brown finish, giving you the convenience of fast cooking with a traditional appetising appearance.

Example 1:

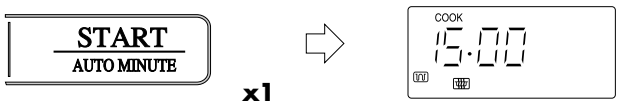
To cook for 15 minutes using DUAL - 2, combining 70% microwave power with the top grill.

1. To enter the grilling time, press the **10 MIN** key once then the **1 MIN** key 5 times.
2. Press the **DUAL CONV./ GRILL** key twice.
3. To change the power level press the **MICRO. POWER** key 3 times for 70%.



4. Press the **START/AUTO MINUTE** key once to start cooking.

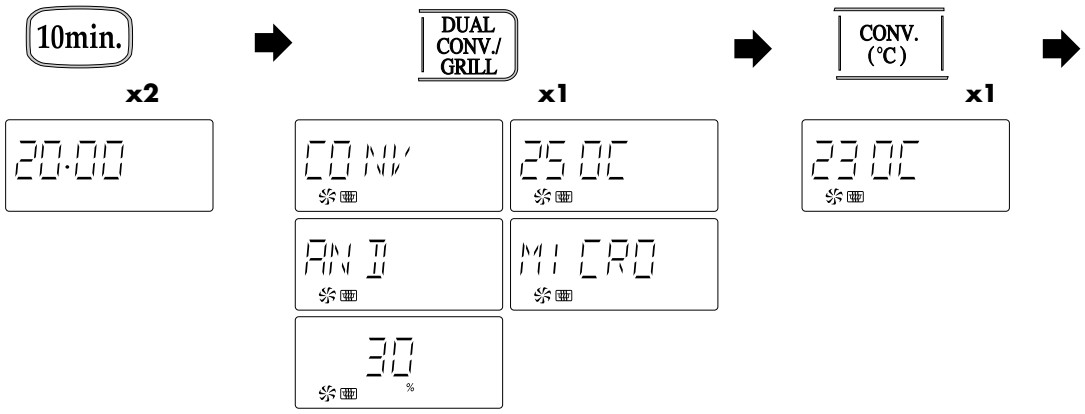
The display will count down through the cooking time.



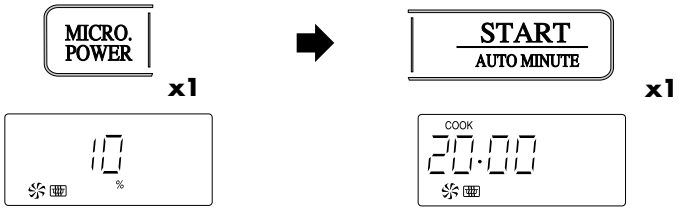
DUAL COOKING

Example 2:
To cook for 20 minutes using DUAL-1, 230°C, combined with 10% microwave power.

1. To enter the cooking time, press the **10 MIN** key twice.
2. Press the **DUAL CONV./GRILL** key once.
3. To change the temperature press the **CONV. (°C)** key once.



4. To change the power level press the **MICRO. POWER** key once for 10%.
5. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

COOKING HINT: For DUAL - 1 and DUAL - 2
Use the low rack for browning food in larger dishes such as Lasagne.

NOTES:

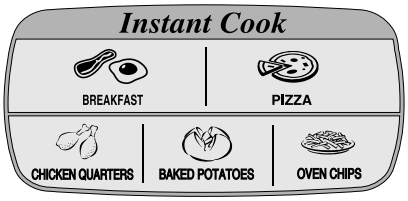
- Follow recommended DUAL COOKING times and procedures given in the chart on pages 39 - 41.
- After cooking, the display will show "NOW COOLING".

⚠ WARNING:
The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

INSTANT COOK

INSTANT COOK enables you to cook the foods listed on the control panel and on the chart on page 17.

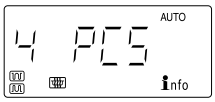
Follow the example below for details on how to operate this function.



EXAMPLE: To cook 4 baked potatoes.

1. Press the **BAKED POTATOES** key four times.

x4



2. The oven will automatically start cooking after 2 seconds.

WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- You are restricted to enter a weight within the range given (see the chart on page 17).
- To cook weights below or above that range or foods not included in the chart on page17, refer to the charts in the cookbook section.

NOTES:

- The INSTANT COOK function can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- You can enter the weight by holding down the desired **INSTANT COOK** key, as well as by pressing, until the desired weight appears.
- You can use the **LESS/MORE** keys, see page 23. Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the chart on page 17.
- When action is required (example, to turn food over), the oven stops and indicates instructions on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before pressing desired **INSTANT COOK** key. See page 26.
- All menus on INSTANT COOK use a combination of microwave power and grill/convection during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during INSTANT COOK operation, the food may be overcooked.

⚠ WARNING:

The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

INSTANT COOK CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
BREAKFAST	1 - 3 servings	• Grease the turntable with 5 - 10ml of oil. • Place bacon and/or sausages on the turntable. (Pierce sausages). • When oven indicates, turn bacon/sausages over and add eggs (not beaten). • After cooking, leave to stand for 2 - 3 minutes. **NOTE:** See the table below. Use **MORE** or **LESS** as indicated.

NOTE: It is not necessary to pierce eggs as this programme uses only the grill, after the eggs have been added.

Menu	Less/ More	Ingredient	1Serving	2 Servings	3 Servings
Bacon & eggs	**LESS**	Bacon (approx 30g/Slice, approx 0.25cm thick) Egg (medium)	2 rashers 1	4 rashers 2	6 rashers 3
Thin sausage & eggs	**STD**	Thin sausage (approx 25g each) Egg (medium)	4 1	8 2	12 3
Bacon, thin sausage & eggs	**STD**	Bacon (approx 30g/ slice, approx 0.25cm thick) Thin sausage (approx 25g each) Egg (medium)	2 rashers 2 1	4 rashers 4 2	6 rashers 6 3
Thick sausages & eggs	**MORE**	Thick sausage (approx 50g each) Egg (Medium)	3 1	6 2	9 3

PIZZA	0.1 - 0.9kg (Thin & crispy or Deep pan type)	• Remove from packaging and place on the turntable. • After cooking, remove from the tuntable and put on a plate for serving. **NOTE:** For FROZEN pizza use the **MORE** key.
CHICKEN QUARTERS	1 - 4 pieces (1 piece = 300g/leg 400g/breast)	• Place chicken quarters on the low rack (best side down). • Turn over when oven indicates. • Stand for 4 - 5 minutes wrapped in aluminium foil after cooking. **NOTE:** Use the **MORE** key for breast and wing quarters. It is not possible to use **LESS** key for chicken quarters.
BAKED POTATOES	1 - 4 pieces (1 piece = 250g)	• Pierce each potato in several places, place towards the edge of the turntable. • After cooking, leave potatoes to stand for 2 - 3 minutes.
OVEN CHIPS	0.1 - 0.4kg	• Spread the chips evenly on the turntable. • After cooking, remove from the turntable. **NOTE:** Use **LESS** for thin chips and **MORE** for thick chips.

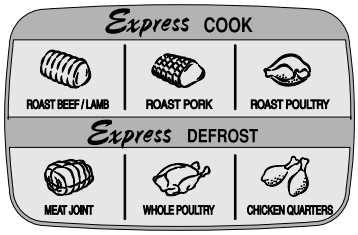
For converting to lb/oz please see the conversion chart on page 32.

EXPRESS COOK/EXPRESS DEFROST

EXPRESS COOK enables you to cook the 3 popular menus, from frozen or chilled, listed on the control panel and the chart on page 19.

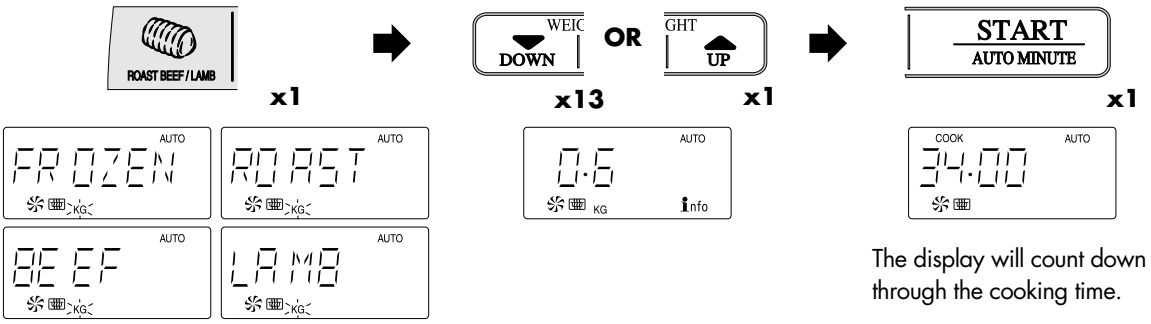
EXPRESS DEFROST enables you to defrost the 3 menus listed on the control panel and the chart on page 20.

Follow the example below for details on how to operate these functions.



Example 1: To cook medium Roast Beef weighing 0.6kg from frozen, using EXPRESS COOK.

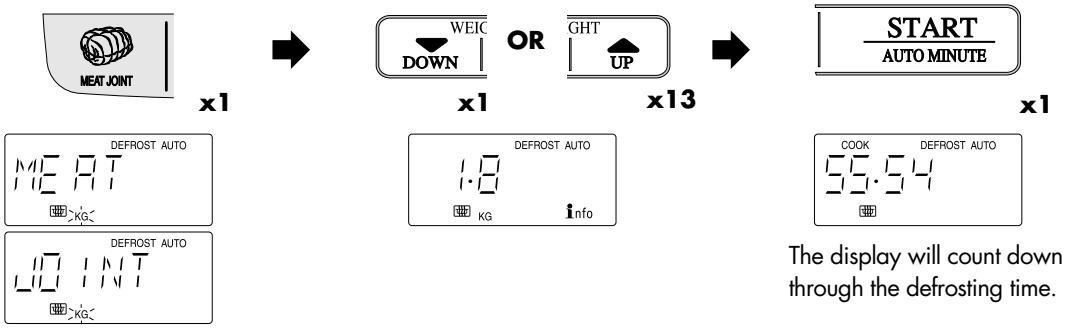
1. Press the **ROAST BEEF/ LAMB** key once to select cooking from frozen.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start cooking.



The display will count down through the cooking time.

Example 2: To defrost a Meat Joint weighing 1.8kg, using EXPRESS DEFROST.

1. Select the menu required by pressing the **MEAT JOINT** key once.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start defrosting.



The display will count down through the defrosting time.

NOTE:

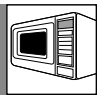
If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range, each time the key is pressed. If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range, each time the key is pressed.

You can enter the weight by holding down the **WEIGHT** keys, as well as by pressing, until the desired weight appears.

⚠ **WARNING:**

The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

EXPRESS COOK/EXPRESS DEFROST CHARTS



WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- You are restricted to enter a weight within the range (see the following charts).
- To cook/defrost weights above or below that range or foods not included in the charts below, refer to the charts in the cookbook section.

NOTES:

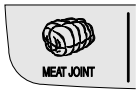
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the charts below.
- When action is required (example, to turn food over), the oven stops and indicates instructions on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 26.
- When freezing foods for EXPRESS COOK, ensure food is fresh and of good quality.
- All menus on EXPRESS COOK use a combination of microwave power and convection during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during EXPRESS COOK/EXPRESS DEFROST operation, the food may be overcooked.

EXPRESS COOK

MENU	WEIGHT RANGE	COOKING PROCEDURE
Roast Beef/Lamb **x1**: Frozen **x2**: Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** Select **MORE** key for well done. It is not possible to use the **LESS** key for beef/lamb.
Roast Pork **x1**: Frozen **x2**: Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for pork.
Roast Poultry **x1**: Frozen **x2**: Chilled	1.2kg - 1.8kg	• Pierce skin (chilled only) a few times and place poultry breast side down in a flan dish on the low rack. • Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over. • After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** key for poultry. This menu is only suitable for cooking whole poultry.

EXPRESS COOK/EXPRESS DEFROST CHARTS

EXPRESS DEFROST

MENU	WEIGHT RANGE	COOKING PROCEDURE
Meat joint: Beef/Lamb/Pork 	0.6kg - 1.8kg	• Place meat in a flan dish on the turntable. • Turn over when audible signal sounds. • Stand, wrapped in foil, for 60-90 minutes until defrosted.
Whole Poultry	1.2kg - 1.8kg	• Place poultry breast side up in a flan dish on the turntable. • Turn over when audible signal sounds. • Stand, wrapped in foil, for 60-90 minutes until evenly defrosted.
Chicken Quarters	0.3kg - 1.2kg	• Place quarters best side up in a flan dish on the turntable. • Turn over and rearrange when audible signal sounds. • Stand, wrapped in foil, for 15-30 minutes until evenly defrosted.

For converting to Lb/oz see the conversion chart on page 32.
Weigh all meat and poultry prior to defrosting and cooking, as the labelled weight is only approximate.

Defrost: If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls. Do not cook the meat or poultry until thoroughly defrosted.

MEAL IN ONE

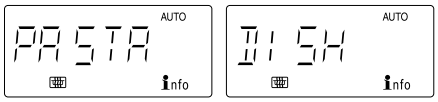
MEAL IN ONE enables you to cook 3 popular menus at the touch of a key (see chart below). Always refer to the MEAL IN ONE chart and the recipes on pages 42 - 44 in the Cookbook section before operating this function. Press the selected key once and the programmes will automatically start to cook after 2 seconds.

EXAMPLE: To cook Pasta Bolognese using PASTA DISH.

1. Select the menu required by pressing the **PASTA DISH** key once.

x1

After 2 seconds the oven will start cooking automatically.



NOTES:

- The MEAL IN ONE function can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- When action is required (for example, to stir food) the oven stops and the audible signals sound, the remaining cooking time and any indicator will flash on the display. To continue cooking press the **START/AUTO MINUTE** key.
- You can use the **LESS/MORE** keys, see page 23.
- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time manually.
- To cook menus or weights not included in the chart below, cook manually.
- If you use the AUTO MINUTE function during MEAL IN ONE operation, the food may be overcooked.
- Gratin uses a combination of microwave power and grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.

⚠ WARNING:

The oven cavity, door, outer cabinet, turntable, racks, dishes and especially bottom grill heater will become very hot. To prevent burns, always use thick oven gloves when removing the food or turntable from the oven.

MENU	WEIGHT	COOKING PROCEDURE
Pasta Dish:- includes Pasta bolognese, Pasta 'Quorn' bolognese	approx. 2.0kg*	See recipes for pasta dish on page 42 in the cookbook section. * Total weight of all ingredients.
Risotto:- includes Beef risotto, Chicken risotto, Fish risotto, Vegetable risotto	approx. 1.7kg*	See recipes for risotto on page 43 in the cookbook section. * Total weight of all ingredients.
Gratin:- includes Spinach gratin, Fish gratin, Chicken gratin	approx. 2.0kg*	See recipes for gratin on page 44 in the cookbook section. * Total weight of all ingredients.

CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING:

A sequence of 4 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL**, **CONVECTION** and **DUAL COOKING**.

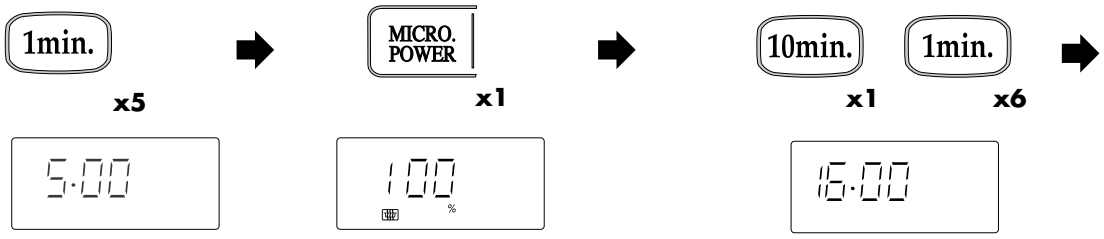
Example:
To cook for: 5 minutes on 100% microwave power (Stage 1)
16 minutes on 30% microwave power (Stage 2)

STAGE 1

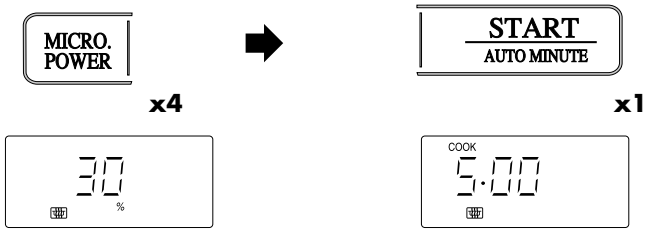
1. To input the time, press the **1 MIN** key 5 times.
2. To input the power level press the **MICRO. POWER** key once.

STAGE 2

3. To input the time press the **10 MIN** key once and then press the **1 MIN** key 6 times.



4. To input the power level press the **MICRO. POWER** key four times.
5. Press the **START/AUTO MINUTE** key once to start.



The oven will begin to cook for 5 minutes on 100% and then for 16 minutes on 30%.

NOTE: If 100% is selected as the final power level, it is not necessary to input the power level.

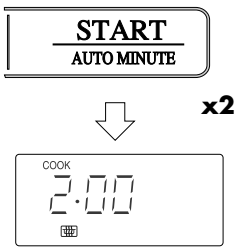
2. AUTO MINUTE:

AUTO MINUTE enables you:

- To cook on 100% microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

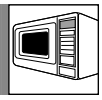
Example:
To cook on 100% for 2 minutes, press the **START/AUTO MINUTE** key twice.

Example:



NOTES:

- The AUTO MINUTE function for direct start, can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- The cooking time may be extended to a maximum of 99 minutes.



3. LESS (▼) and MORE (▲):

The **LESS** (▼) and **MORE** (▲) keys allow you to cook/defrost food for more or less time than the preset programmes.

For Example: If you prefer Baked Potatoes which are cooked but still firm, use the **LESS** (▼) key.
Alternatively, if you prefer Baked Potatoes softer, use the **MORE** (▲) key.

- To use LESS and MORE with EXPRESS COOK / EXPRESS DEFROST
  Press the **LESS** (▼) **/ MORE** (▲) key before pressing the **START/AUTO MINUTE** key.
- To use LESS and MORE with INSTANT COOK / MEAL IN ONE
  Press the **LESS** (▼) **/ MORE** (▲) key within 2 seconds after pressing the desired **INSTANT COOK** or **MEAL IN ONE** key.

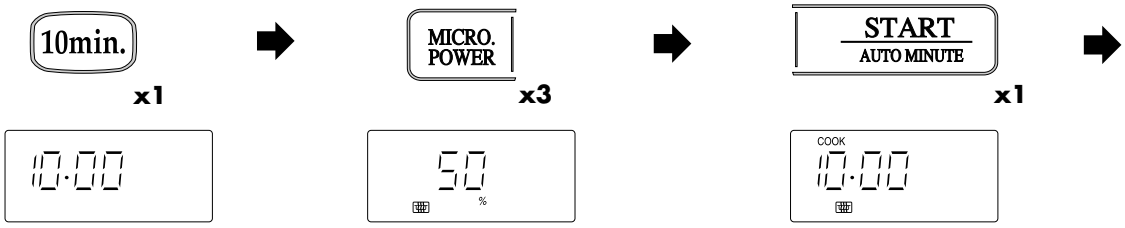
If you select **MORE**, the display will show (▲). Alternatively, if you select **LESS**, the display will show (▼).
Some menus cannot use the **LESS** function. If you select **LESS** for them, ERROR NO LESS SETTING will appear when the **START/AUTO MINUTE** key is pressed.

NOTE: To cancel **LESS** (▼) **/ MORE** (▲), simply press the same key again.
To change **MORE** to **LESS** simply press the **LESS** (▼) key.
To change **LESS** to **MORE** simply press the **MORE** (▲) key.

- To use LESS and MORE with manual cooking
  Press the **LESS** (▼) or **MORE** (▲) key to decrease or increase the cooking or defrosting time in multiples of 1 minute whilst the oven is in use. The overall cooking time can be increased to a maximum of 99 minutes.

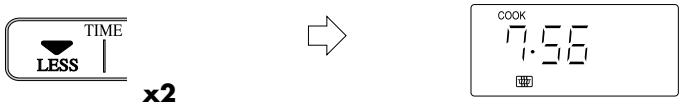
Example: To cook on 50% for 10 minutes and then decrease the cooking time by 2 minutes:

1. To input the time press the **10 MIN** key once.
2. To input the power press the **MICRO. POWER** key three times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



4. To reduce the time by 2 minutes press the **LESS** key twice.

Cooking time is reduced by two minutes and continues to count down, for example:



NOTE: If you use this function for INSTANT COOK, EXPRESS COOK, EXPRESS DEFROST and MEAL IN ONE, the food may be over or under cooked.

CONVENIENT FUNCTIONS

4. INFORMATION DISPLAY

The **INFO** key provides a step-by-step information guide to the keys on the oven.

When you plug the oven in, the auto setting for the information display is ON.

This will enable you to determine:

- The next action on the way to completing any programme (manual or automatic).
- Weight ranges for automatic programmes.
- Action required during or after cooking, e.g. when to stir or turn food, whether to leave the food to stand at the end of cooking.

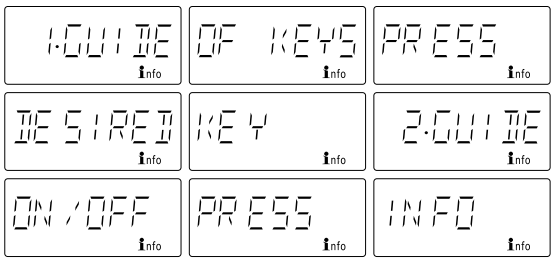
There are three options when you use the **INFO** key:

1. Guide of Keys allows you to press a key to display information about it. The information will be displayed twice.

EXAMPLE:
To check the information for EXPRESS COOK Frozen Roast Pork.

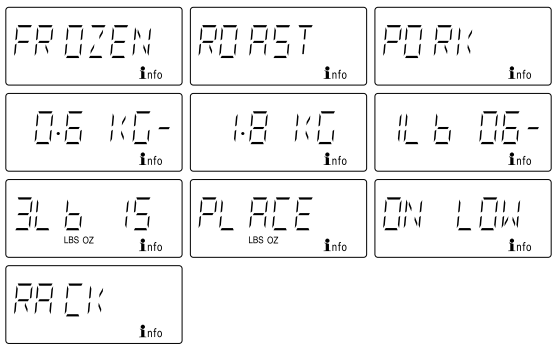
1. Press the **INFO** key once. Info will appear in the display.

x1



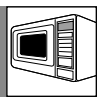
2. Press the **ROAST PORK** key once to select Frozen Roast Pork.

x1



The display will flash a series of messages.

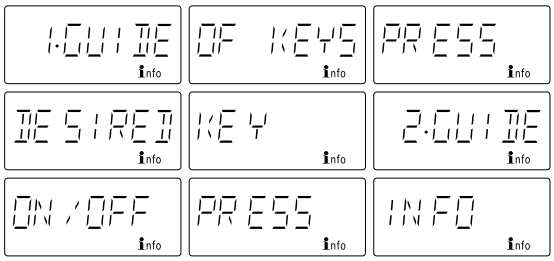
The message will be repeated twice, and then the display will show the time of day, if set. If you want to cancel the guide, press the **STOP/CLEAR** key.



2. Guide on/off allows you to turn the guide on or off.

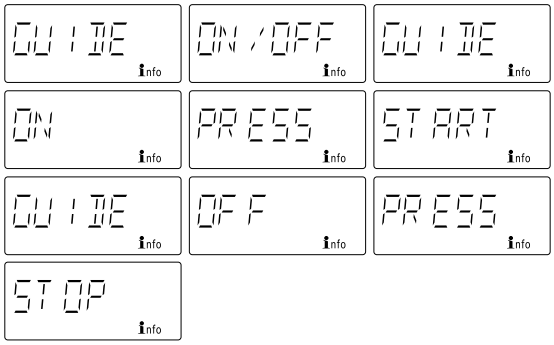
1. Press the **INFO** key once.

x1



2. Press the **INFO** key again.

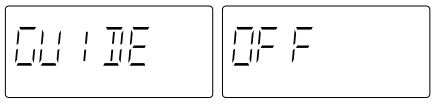
x1



The display will flash a series of messages.

3. Press the **STOP/CLEAR** key to turn off.

x1

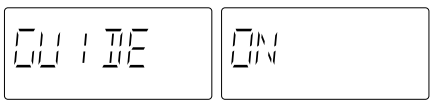


The display will return to the time of day, if set.

OR

Press the **START/AUTO MINUTE** key to turn on.

x1



The display will return to the time of day, if set.

3. The INSTANT COOK, EXPRESS COOK, EXPRESS DEFROST, and MEAL IN ONE menus can provide a helpful cooking hint.
If you wish to check, press the **INFO** key whenever info is lit on the display.

CONVENIENT FUNCTIONS

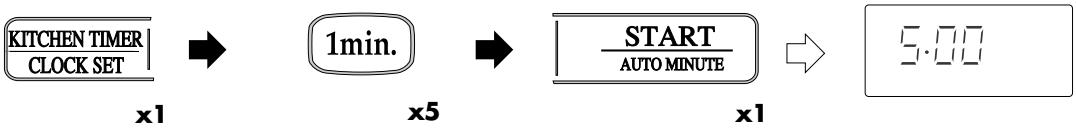
5. KITCHEN TIMER:

You can use the KITCHEN TIMER for timing where microwave cooking is not involved. For example, to time a boiled egg cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

Example: To set the timer for 5 minutes:

1. Press the **KITCHEN TIMER** key once.
2. Enter the desired time by pressing the **1 MIN** key 5 times.
3. Press the **START/ AUTO MINUTE** key once.

The display will count down. When the display reaches zero, the audible signal will sound.



You can enter any time up to 99 minutes, 90 seconds. To cancel the KITCHEN TIMER whilst counting down, simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.

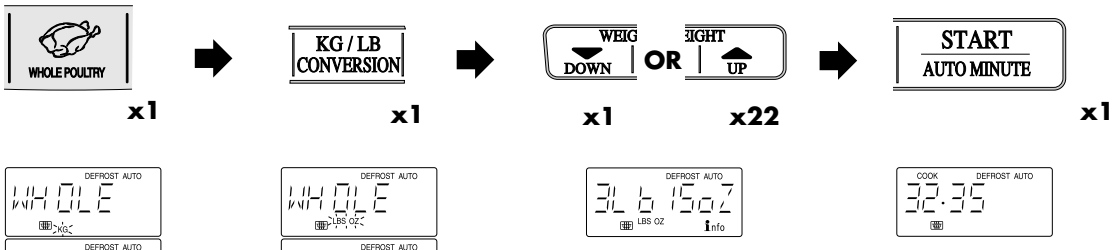
NOTE: The KITCHEN TIMER function cannot be used whilst cooking.

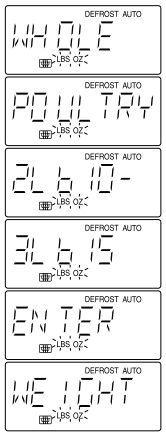
6. WEIGHT CONVERSION:

Your oven comes set for kg (Kilograms).
You can use the WEIGHT CONVERSION function to convert kg to lbs or vice-versa. The oven memorises the weight unit of the last operation, until you change it. To change from kg to lbs press the **WEIGHT CONVERSION** key when the display shows the time of day or before entering the weight.

Example: To change from kg to lbs when using EXPRESS DEFROST "Whole Poultry" (3lb 15oz).

1. Press the **WHOLE POULTRY** key.
2. Press the **WEIGHT CONVERSION** key once to change from kg to lbs.
3. Enter the weight by pressing the **WEIGHT** keys.
4. Press the **START/AUTO MINUTE** key once to begin defrosting.





NOTE: For INSTANT COOK press the **WEIGHT CONVERSION** key before pressing the desired **INSTANT COOK** key.
Lb or KG will appear on the display.

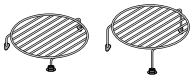
SUITABLE COOKWARE

For microwaving, use only those utensils suitable for microwave cookery as indicated below.
A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVEC-TION	DUAL COOKING	
Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware ®).	**YES**	**YES**	**YES**	**YES**	
Microwave-safe plastic cookware.	**YES**	**NO**	**NO**	**NO**	
Microwave cling film, microwave roasting bags.	**YES** Microwave cling film and bags must be vented for steam to escape, pierce in 4 - 5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.	**NO**	**NO**	**NO**	
Heat-resistant china and ceramics.	**YES** Except for dishes with metallic decoration.	**NO**	**YES**	**YES** Except for dishes with metallic decoration.	
Disposable containers: Thin plastic, paper, straw and wooden containers.	**YES** Always attend the oven closely. Look at the oven from time to time when heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.	**NO**	**NO**	**NO**	
Kitchen paper.	**YES** Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.	**NO**	**NO**	**NO**	
Browning dishes & self-heating packages.	**YES** Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. **Popcorn:** Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.	**NO**	**NO**	**NO**	
Metal cookware.	**NO**	**YES** If desired, metal trays may be used.	**YES**	**NO**	

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

SUITABLE COOKWARE

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVEC-TION	DUAL COOKING	
Aluminium foil & foil containers, made from "Micro Foil®".	**YES/NO** Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil ®, follow instructions carefully.	**YES**	**YES**	**YES/NO** Use aluminium foil for shielding only.	
High rack & low rack.	**YES** The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.	**YES**	**YES**	**YES**	

FOOD HANDLING & PREPARATION

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Stir, turn & stand

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.

Initial and final temperature of food

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.
The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.

Check the temperature of food and drink and stir before serving. Take special care when serving babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

Composition & quality

Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire.
Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole.

FOOD HANDLING & PREPARATION

Piercing **Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode.**
Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.

Arrangement Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.

Covering Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid.

Size & shape Food size and shape affect the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.

Density & quantity Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.

Hygiene Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.

ADVICE FOR COOKING

WARNING - Always attend the oven when in use.
Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.

The microwave power level will default to 100% unless you press the **MICROWAVE POWER LEVEL** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes (see reheating chart in the cookbook section for guidance). Before use, the user should check that utensils are suitable for use in microwave ovens.

Lids: Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.

Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

ADVICE FOR DEFROSTING

Meat joints

Place in a flan dish, turn over at least 4 - 5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60 - 90 minutes, until thoroughly defrosted.

Poultry

Place in a flan dish, turn over at least 3 - 4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60 - 90 minutes, until thoroughly defrosted.
NOTE: Do not defrost poultry with giblets.

Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2 - 3 times. Shield if necessary.

Cubed & Minced Meat

Place in a bowl, stir or turn over at least 3 - 4 times during defrosting, remove defrosted parts each time. Please refer to the defrost chart on page 33.

Whole Fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.

Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.

NOTES:

- To defrost food, use either 30% or 10% microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.
- Ensure food is defrosted thoroughly before use.

ADVICE FOR REHEATING

WARNINGS:
Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, mince pies, Christmas pudding.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

Plated meals **Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.

Casseroles Cover with vented microwave cling film or suitable lid, reheat on 50%. Stir frequently to ensure even reheating.

Poultry portions Place thickest parts of the portions on the outside of the dish, cover with vented microwave cling film and reheat on 70%. Turn over halfway through. **NOTE:** Ensure poultry is thoroughly reheated, before serving.

Sliced meat Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating. NOTE: Ensure meat is thoroughly reheated before serving.

Pies Place pies in a flan dish. Reheat meat pies on 70% and fruit pies on 50%.

Vegetables Cover with vented microwave cling film or suitable lid and reheat on 50%. Stir at least once during reheating.

COOKBOOK

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INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking.

The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

- Please weigh all meat and poultry prior to defrosting and cooking, as labelled weights are only approximate.
- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Please note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged on recipes, as preferred.
- Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN**.
- Ambient/fresh/dried/canned foods are to be cooked from 20°C. **DO NOT COOK FROM FROZEN**.
- Frozen foods are to be cooked from -18°C.

CONVERSION CHARTS

WEIGHT MEASURES	
15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

VOLUME MEASURES	
30ml	1floz
100ml	3floz
150ml	5floz (1/4pt)
300ml	10floz (1/2pt)
600ml	20floz (1pt)

SPOON MEASURES	
1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

DEFROSTING CHART

FOOD	DEFROST TIME	MICRO POWER LEVEL	▼ METHOD	● STANDING TIME
Meat Joints (Beef,Lamb,Pork)	22 - 23 Minutes/ 450g (1lb)	10%	Place in a flan dish. Turn over 4 - 5 times during defrosting. Shield.	60 - 90 Minutes
Minced Meat	5 - 8 Minutes/ 450g (1lb)	30%	Place on a plate. Turn over 3 - 4 times, removing defrosted mince each time.	15 - 30 Minutes
Steak 2cm (3/4") thick	11 - 12 Minutes/ 450g (1lb)	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	15 - 30 Minutes
Chops and Sausages	16 - 18 Minutes/ 450g (1lb)	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	15 - 30 Minutes
Bacon	11 - 12 Minutes/ 450g (1lb)	30%	Place on a plate. Separate and re-arrange twice during defrosting. Shield.	5 - 10 Minutes
❖ **Whole Poultry (Chicken,Turkey,Duck)**	20 - 22 Minutes/ 450g(1lb)	10%	Place in a flan dish. Turn 4 - 5 times, during defrosting. Shield.	60 - 90 Minutes
Chicken Portions	8 - 9 Minutes/ 450g (1lb)	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Chicken/Turkey Breasts & Drumsticks	11 - 12 Minutes/ 450g(1lb)	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Minced Turkey	11 - 12 Minutes/ 450g(1lb)	30%	Place in a bowl. Turn 3 - 4 times, removing defrosted mince each time.	15 - 20 Minutes
Whole Fish (Trout, Mackerel)	9 Minutes/ 450g(1lb)	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
Fish Fillets/Steaks	7 - 8 Minutes/ 450g (1lb)	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
Apples	8 - 9 Minutes/ 450g(1lb)	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Blackcurrants/ Redcurrants/Raspberries Blackberries	6 - 7 Minutes/ 450g(1lb)	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Gooseberries/ Rhubarb/Strawberries	7 - 8 Minutes/ 450g(1lb)	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Bread (sliced)	6 Minutes/ 400g(14oz)	30%	Place on the turntable. Separate and rearrange during defrosting.	5 - 10 Minutes
Pastry (Puff or Shortcrust)	5 Minutes/ 450g(1lb)	30%	Place on a plate. Turn over half way through defrosting.	10 - 15 Minutes
Meat & Fruit Pies (cooked)	7 - 8 Minutes/ large pie	30%	Remove from foil container. Place in a flan dish.	15 - 20 Minutes

NOTE: Do not use the rack for defrosting.

▼ Method: If shielding is necessary, use small pieces of foil.

❖ Poultry: Chicken, turkey and duck must be defrosted without giblets.

● Standing Time: During recommended standing time, wrap or cover food in foil.

COOKING CHART

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Beef (rare) (Topside, Silverside)	10 - 11 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beef (medium) (Topside, Silverside)	13 - 14 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beef (well done) (Topside, Silverside)	17 - 18 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beefburgers	10 - 11 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	2 - 3 Minutes
Minced Meat	8 - 9 Minutes/ 450g (1lb)	70%	Place in a bowl. Stir 2-3 times during cooking.	2 - 3 Minutes
Sausages (thick)	4 - 5 Minutes/ 4 sausages	100%	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
	6 - 7 Minutes/ 8 sausages	100%	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
Sausages (thin)	2 Minutes/ 4 sausages	100%	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
Lamb (Fillet, Shoulder, Leg)	17 - 18 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Lamb Chops	10 - 11 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
Pork (Loin, Leg)	19 - 20 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Pork Chops (with bone)	17 - 18 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	4 - 5 Minutes
Pork Chops (boneless)	13 - 14 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	4 - 5 Minutes
Gammon Joint	19 - 20 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over 4 times during cooking.	10 Minutes
Bacon	3 Minutes/ 4 slices	100%	Place on a plate. Turn over halfway through cooking.	1 Minutes
Whole Poultry (Chicken, Turkey, Duck)	10 - 11 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Chicken Portions (Chicken/Turkey Breasts & Drumsticks)	10 - 11 Minutes/ 450g (1lb)	70%	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
Minced Turkey	8 - 9 Minutes/ 450g (1lb)	70%	Place in a bowl. Stir2-3 times during cooking.	5 Minutes
Fish Fillets	7 Minutes/ 450g (1lb)	100%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
Whole Fish & Steaks	7 - 8 Minutes/ 450g (1lb)	100%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes

NOTES:

- All foods in this chart are cooked from chilled (5°C).
- Remove cooking juices halfway through cooking.
- DO NOT COOK FROM FROZEN USING THESE TIMINGS.

COOKING CHART

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Aubergines & Broccoli (fresh)	5 Minutes/ 225g (8oz)	100%	Slice. Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans (green - fresh)	5 - 6 Minutes/ 225g (8oz)	100%	Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Brussels Sprouts (fresh)	5 - 6 Minutes/ 225g (8oz)	100%	Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Cabbage, Carrots, Cauliflower, Celery (fresh)	5 Minutes/ 225g (8oz)	100%	Slice or break into florets.Add 30ml (2 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Corn on the Cob (fresh)	6 - 7 Minutes/ 225g (8oz)	100%	Add 45ml (3 tbsp) water. Cover. Stir 1/2 through cooking.	2 Minutes
Courgettes & Leeks (fresh)	4 - 5 Minutes/ 225g (8oz)	100%	Slice. Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Parsnips & Spinach (fresh)	5 - 6 Minutes/ 225g (8oz)	100%	Slice. Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Peas (fresh)	4 - 5 Minutes/ 225g (8oz)	100%	Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Potatoes, Jacket (250g/9oz - each) (fresh)	10 - 12 Minutes/ 2 potatoes	100%	Pierce in several places. Place on the edge of the turntable.	5 Minutes
Potatoes, Boiled (old & new - fresh)	9 - 10 Minutes/ 450g (1lb)	100%	Cut into quarters. Add 60ml (4 tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
Swede & Turnips (fresh)	7 - 8 Minutes/ 225g (8oz)	100%	Dice. Add 45ml (3 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans & Cabbage (green - frozen)	5 - 6 Minutes/ 225g (8oz)	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Broccoli, Leaf Spinach /Brussels Sprouts (frozen)	6 - 7 Minutes/ 225g (8oz)	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Carrots - sliced (frozen)	6 Minutes/ 225g (8oz)	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	3 Minutes
Cauliflower florets (frozen)	5 - 6 Minutes/ 225g (8oz)	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the Cob (frozen)	10 - 11 Minutes/ 2 cobs	100%	Place in dish. Cover dish. Turnover halfway through cooking.	3 Minutes
Peas, Sweetcorn & Mixed Vegetables (frozen)	5 - 6 Minutes/ 225g (8oz)	100%	Place in dish. Cover dish. Stir halfway through cooking.	2 Minutes
Apples & Rhubarb (fresh)	5 - 6 Minutes/ 450g (1lb)	100%	Peel & slice. Place in a dish and cover. Stir during cooking.	2 Minutes
Blackberries/Raspberries/Redcurrants	5 - 6 Minutes/ 450g (1lb)	100%	Place in a dish and cover. Stir during cooking.	2 Minutes

NOTE:

- Prior to cooking fresh vegetables and fruit are at ambient temperature (20°C)
- Frozen vegetables are cooked from -18°C.

COOKING CHART

FOOD	❋ COOKING TIME	MICRO POWER LEVEL	METHOD	● STANDING TIME
White rice (long grain)	14 - 15 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	2 Minutes
Brown rice	21 - 22 Minutes	70%	Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	2 Minutes
DRIED PASTA				
Spaghetti (short cut)	11 - 12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Macaroni (short cut)	12 - 13 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tagliatelle	10 - 11 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Pasta shells	11 - 12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
FRESH PASTA				
Spaghetti/ Tagliatelle	8 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Fusilli/Penne/ Conchiglie/ Farfalle	8 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Ravioli	12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (white)	12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (brown)	14 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Scrambled Eggs	15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper	70%	1 Melt the butter in a bowl on 70P for 30 seconds. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70P for 3 minutes, stirring every 30 seconds.	30 Seconds
Sausages/ Burgers (Thick/Thin)	10-12 Minutes for 2-4 sausages/burgers	GRILL	Place on the high rack in a flan dish. Turn over halfway through cooking.	2 Minutes
Fish Fingers (Frozen)	12 Minutes for 1-12 fingers	GRILL	Place on the high rack in a flan dish. Turn over halfway through cooking.	3 Minutes
Cheese on toast	6 Minutes for 2 slices	GRILL	Place bread on the high rack. Grill one side for 3 minutes, turn over and cover with 50g (2oz) grated cheese. Grill for 3 minutes. No standing time is required.	
Tea cakes, Muffins & crumpets	6 Minutes for 1-4 halves	GRILL	Slice in half, place on the high rack. Turn over halfway through cooking. No standing time is required.	

- Ensure you read all cookery notes on page 32.
- Eggs and Fresh Pasta are cooked from chilled (5°C).

❋ Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.

● Standing Time (rice & pasta only): After standing, rinse in boiling water prior to serving.

REHEATING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Canned foods (soups, beans, vegetables, etc.)	6 - 7 Minutes for 425g (15oz) can	Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	70%
Christmas pudding	40 - 50 seconds for 125g (5oz) slice	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	70%
	1 Minute for 175g (6oz) pudding	As above	70%
	4 - 5 Minutes for 450g (1lb) pudding	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	70%
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	6 Minutes for 6 sausage rolls	Place in a flan dish on the low rack. Stand for 2 minutes after cooking.	DUAL - 2, 30%
Quiche, (cooked, chilled)	6 Minutes for 225g (8oz) quiche 8 Minutes for 450g (1lb) quiche	Remove foil container. Place in a flan dish on the tuntable. Stand for 3 minutes after cooking.	DUAL - 1 220°C, 50%
Meat Pie (cooked, chilled)	8 Minutes for 225g (8oz) pie 12 Minutes for 450g (1lb) pie	Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	DUAL - 1 250°C, 30%
Fruit Pie (cooked, chilled)	15 - 30 Seconds for 50g - 70g pie	Remove foil container. Place in a flan dish on the turntabe. Stand for 1 minute after cooking.	50%
	6 Minutes for 225g (8oz) pie 10 Minutes for 450g (1lb) pie	Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	DUAL - 1 250°C, 10%
Bread rolls/ Croissants	20 - 30 seconds for 2	Place on the turntable.	70%
Cornish Pasties (cooked, chilled)	4 Minutes for 175g (6oz)	Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	DUAL - 1 220°C, 50%
Garlic bread (cooked, chilled)	3 Minutes for 1 (10") baguette	Place on the turntable, uncovered.	100%
Pizza (cooked, chilled)	4 - 5 Seconds for 125g (5oz) 2 - 3 Minutes for 400g (14oz)	Place on a plate, uncovered.	100%
Pizza (cooked, frozen)	2 - 3 Minutes for 125g (5oz) 5 - 6 Minutes for 400g (14oz)	Place on a plate, uncovered.	100%

NOTE: Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies. DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

GRILLING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Beefburgers (frozen)	8 minutes for 225g (4 burgers) 12 minutes for 400g (8 burgers)	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Chicken Breast Fillet (chilled)	14 minutes for 150g (1 fillet) 16 - 18 minutes for 450g (3 fillets)	Pierce skin, place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Crispy Crumb Foods (chilled)	8 - 10 minutes for 100g 12 - 14 minutes for 300g 14 - 16 minutes for 400g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Lamb Chops & Boneless Pork Chops	10 - 12 minutes for 100g 12 - 14 minutes for 300g 14 - 16 minutes for 400g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Pork Chops (with bone)	12 - 14 minutes for 100g 14 - 16 minutes for 300g 16 - 18 minutes for 400g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Pizza, Chilled (thin & deep)	For 200g 1st stage 4 minutes 2nd stage 4 minutes For 400g 1st stage 6 minutes 2nd stage 4 minutes For 800g 1st stage 8 minutes 2nd stage 4 minutes	Place directly onto the turntable. For the 1st stage of cooking use top and bottom grills. For the 2nd stage use the top grill only.	**Stage 1:** GRILL - 3 **Stage 2:** GRILL - 1
Oven Chips (frozen)	10 minutes for 100g 12 - 14 minutes for 200g 14 - 16 minutes for 400g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Sausages (thick)	10 minutes for 225g 14 minutes for 450g	Pierce skin, place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Sausages (thin)	8 minutes for 225g 12 minutes for 450g	Pierce skin, place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Gammon Steak	8 - 10 minutes for 100g 10 - 12 minutes for 225g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Toasted Sandwich	6 minutes for 1 sandwich	Place two slices of ham and 50g (2oz) grated cheese between two slices of bread and butter. Place directly onto the turntable. Turn over after four minutes.	GRILL - 3
	8 minutes for 2 sandwiches	As above, double the ingredients. Turn over after five minutes.	GRILL - 3

NOTES:
- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL COOKING CHART (DUAL - 2)

FOOD	COOKING TIME	METHOD	COOKING MODE
Beef rare (chilled)	12 - 13 Minutes per 450g (1lb)	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 22). **Stage 1:** Cook on 70% for first half of cooking time. Turn over, remove juices. **Stage 2:** Cook on 50% for second half of cooking time. **Stage 3:** Cook on DUAL - 2, 50% for the final 4 minutes of cooking time. Stand for 6 - 8 minutes after cooking.	**Stage 1:** 70% **Stage 2:** 50% **Stage 3:** DUAL - 2, 50%
Beef/Lamb medium (chilled)	14 - 15 Minutes per 450g (1lb)	As above	As above
Beef/Lamb (Well done) (chilled)	18 - 19 Minutes per 450g (1lb)	As above	As above
Pork (chilled)	21 Minutes per 450g (1lb)	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 22). **Stage 1:** Cook on 70% throughout, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. **Stage 2:** Cook on DUAL - 2, 70% for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	**Stage 1:** 70% **Stage 2:** DUAL - 2, 70%
Poultry (Max. 1.8kg 4lb) (chilled)	14 Minutes per 450g (1lb)	Place breast side down in a flan dish on the low rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 22). **Stage 1:** Cook on 70% throughout cooking time, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. **Stage 2:** Cook on DUAL - 2, 70% for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	**Stage 1:** 70% **Stage 2:** DUAL - 2, 70%
Chicken Portions (chilled)	12 Minutes per 450g (1lb)	Place best side down in a flan dish on the high rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 22). **Stage 1:** Cook on 70% throughout cooking time, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. **Stage 2:** Cook on DUAL - 2, 70% for the final 4 minutes of cooking time. Stand for 5 minutes after cooking.	**Stage 1:** 70% **Stage 2:** DUAL - 2 , 70%
Lamb chops & Boneless Pork Chops (chilled)	10 - 11 Minutes per 450g (1lb)	Place in a flan dish on the high rack. Calculate the cooking time. Turn over halfway through cooking time.	DUAL - 2 , 70%
Pork chops (with bone) (chilled)	12 - 13 Minutes per 450g (1lb)	As above	DUAL - 2 , 70% DUAL - 2 , 50%
Sausages (thick/thin) (chilled)	10 Minutes per 450g (1lb)	Place in a flan dish on the high rack. Calculate the cooking time. Turn over halfway through cooking time.	DUAL - 2 , 30%
Beefburgers (frozen)	9 - 10 Minutes per 450g (1lb)	As above	

NOTES: • Chilled foods are cooked from 5°C.
• Frozen foods are cooked from -18°C.

DUAL COOKING CHART (DUAL - 2)

FOOD	COOKING TIME	METHOD	COOKING MODE
Crispy crumb foods (chilled)	9 - 10 Minutes for 100g (4oz)	Place in a flan dish on the high rack. Use Multiple Sequence cooking. (Page 22). **Stage 1:** Cook on DUAL - 2, 30% for the first half of cooking time. Turn over. **Stage 2:** Cook on GRILL - 1 for second half of cooking time. Stand for 2 - 3 minutes after cooking.	**Stage 1:** DUAL - 2, 30% **Stage 2:** GRILL - 1
	11 - 12 Minutes for 200g (7oz)	As above.	As above.
	12 - 13 Minutes for 400g (14oz)	As above.	As above.
Crispy crumb foods (frozen)	10 Minutes for 100g (4oz)	Place in a flan dish on the high rack. Turn over halfway through cooking. Stand for 2 - 3 minutes after cooking.	DUAL - 2, 50%
	11 - 12 Minutes for 200g (7oz)	As above.	As above.
	12 - 13 Minutes for 400g (14oz)	As above.	As above.
Oven chips (frozen)	11 Minutes for 225g (8oz)	Place in a flan dish on the high rack. Turn over halfway through cooking. No standing time is required.	DUAL - 2, 30%
	12 - 13 Minutes for 450g (1lb)	As above.	As above.
Baked potatoes (fresh)	16 - 17 Minutes for 2 Potatoes (250g each)	Pierce each potato in several places. Place in a flan dish on the low rack. Turn over after 8 minutes of the cooking time. No standing time is required.	DUAL - 2, 50%
Roast potatoes (fresh)	24 - 25 Minutes 675g ($1\frac{1}{2}$lb) Potatoes	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. Turn over halfway through cooking time. No standing time is required.	DUAL - 2, 50%
Garlic Bread (chilled)	6 Minutes for 1 baguette	Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	DUAL - 2, 10%
Toasted Sandwich	6 Minutes for 1 sandwich	Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the high rack. Turn over after 3 minutes of the cooking time. No standing time is required.	DUAL - 2, 10%

NOTES:
- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL COOKING CHART (DUAL - 1)

FOOD	COOKING TIME	METHOD	COOKING MODE
Beef (rare) (chilled)	11 - 12 Minutes for 450g (1lb)	Place on the low rack. Calculate cooking time.	DUAL - 1 160°C, 50%
Beef/Lamb (medium) (chilled)	13 - 14 Minutes for 450g (1lb)	As above.	DUAL - 1 160°C, 50%
Beef/Lamb (well done) (chilled)	15 - 16 Minutes for 450g (1lb)	As above.	DUAL - 1 160°C, 50%
Pork (chilled)	17 - 18 Minutes for 450g (1lb)	Place on the low rack. Calculate the cooking time.	DUAL - 1 160°C, 50%
Poultry* (Max. 3 1/2kg / 8lb) (chilled)	10 - 11 Minutes for 450g (1lb)	Place breast side up on the low rack. Stand for 10 minutes after cooking.	DUAL - 1 200°C, 50%
Quiche (uncooked, frozen)	21 - 22 Minutes for a 450g (1lb) quiche	Preheat oven to 200°C. Remove from foil container. Place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheated oven. DUAL - 1 200°C, 30%
Meat Pie (uncooked, frozen)	29 - 30 Minutes for a 450g (1lb) pie	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheated oven. DUAL - 1 200°C, 30%
Fruit Pie (uncooked, frozen)	24 - 25 Minutes for a 450g (1lb) pie	Preheat oven to 200°C. Remove from foil container. Glaze and place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheated oven. DUAL - 1 200°C, 30%
Sausage Rolls (uncooked, frozen)	11 - 12 Minutes for 6 sausage rolls (approx. 50g, 2oz each)	Preheat oven to 220°C. Glaze and place in a flan dish on the low rack. Stand for 3 - 4 minutes after cooking.	Preheated oven. DUAL - 1 220°C, 30%
Garlic Bread (chilled)	6 Minutes for 1 baguette	Preheat oven to 230°C. Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	Preheated oven. DUAL - 1 230°C, 10%
Baked Potatoes	14 - 15 Minutes for a 500g (1lb 2oz) (each weighing 250g)	Preheat oven to 250°C. Pierce each potato in several places. Place on the low rack. No standing time is required.	Preheated oven. DUAL - 1 250°C, 50%
Roast Potatoes	35 Minutes for 675g (11/2lb) potatoes	Cut into even sized pieces. Brush with oil. Place in a flan dish on the low rack. No standing time is required.	Preheated oven. DUAL - 1 220°C, 30%

* For poultry weighing 2.4kg or more, place in a flan dish on the turntable.

NOTES:
- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

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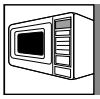

RECIPES FOR MEAL IN ONE MENUS

PASTA DISH

PASTA BOLOGNESE

Serves 4
120g (5oz) onion, finely chopped
80g (3 1/2oz) celery, finely chopped
2 cloves garlic, crushed
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato puree
350g (12oz) lean minced beef
15ml (1 tbsp) dried mixed herbs
200ml (1/3 pint) red wine
500ml (18fl.oz) hot beef stock
salt and pepper to taste
250g (8 1/2oz) dried pasta

PASTA "QUORN" BOLOGNESE

Serves 4
120g (5oz) onion, finely chopped
80g (3 1/2oz) celery, finely chopped
2 cloves garlic, crushed
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato puree
350g (12oz) Quorn mince
15ml (1 tbsp) dried mixed herbs
200ml (1/3 pint) red wine
500ml (18fl.oz) hot vegetable stock
salt and pepper to taste
250g (8 1/2oz) dried pasta

1 Place all ingredients into a 2.5L casserole dish and mix well.
2 Place on the turntable. **Do not cover.**
3 Cook using MEAL IN ONE "Pasta Dish" key.
4 Stir when the oven indicates and again at the end of cooking.

NOTES:
- "Quick cook" pasta is not recommended for use in the above recipes.
- "Quorn" mince can be used from frozen or fresh.

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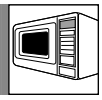


RISOTTO

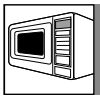
BEEF RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) beef fillet, thinly sliced into 2" strips
2.5ml (1/2 tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (8oz) white long grain rice
700ml (1 1/4 pint) hot beef stock
salt and pepper to taste

CHICKEN RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) chicken fillet, thinly sliced into 2" strips
2.5ml (1/2 tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (8oz) white long grain rice
700ml (1 1/4 pint) hot chicken stock
salt and pepper to taste

FISH RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) white fish fillet, thinly sliced into 2" strips
2.5ml (1/2 tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (8oz) white long grain rice
700ml (1 1/4 pint) hot fish stock
salt and pepper to taste

VEGETABLE RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
125g (5oz) broccoli florets
100g (4oz) carrot, sliced
2.5ml (1/2 tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (8oz) white long grain rice
700ml (1 1/4 pint) hot vegetable stock
salt and pepper to taste

1 Place all ingredients into a 2.5L casserole dish and mix well.
2 Place on the turntable. **Do not cover.**
3 Cook using MEAL IN ONE "Risotto" key.
4 Stir when the oven indicates and again at the end of cooking.



RECIPES FOR MEAL IN ONE MENUS

GRATIN

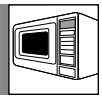
SPINACH GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
300g (11oz) cooked spinach, chopped
75g (3oz) celery, sliced
75g (3oz) yellow peppers, sliced
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

FISH GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
450g (1lb) cooked fish fillet, chopped
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

CHICKEN GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
450g (1lb) cooked chicken, chopped
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

1 Mix all ingredients together in a bowl except, potatoes, cheese, eggs and cream.
2 Place half of this mixture in the bottom of an oval 'Pyrex' dish (30cm x 21cm x 5cm) or a round 'Pyrex' dish (26.5cm diameter x 4.5cm).
3 Layer half the potatoes on top and sprinkle with half the cheese.
4 Repeat with the remaining mixture, finishing with a layer of potatoes.
5 Mix the eggs and cream together and pour over the gratin. Sprinkle with the remaining cheese.
6 Place on the low rack and cook using MEAL IN ONE "Gratin" key.

NOTES:
- The above recipes are ideal for using leftovers from meals such as roast chicken. We recommend to chill chicken and fish before using in the recipes.
- Canned potatoes can be used in place of cooking fresh potatoes. Canned or frozen spinach can be used in place of cooking fresh spinach.
- PLEASE ENSURE WHERE STATED, THESE INGREDIENTS ARE COOKED BEFORE USING THEM IN GRATIN.



CREAMY MUSHROOM SOUP

Serves 4
125g (5oz) onion, chopped
225g (8oz) mushrooms, sliced
25g (1oz) butter
25g (1oz) plain flour
300ml (1/2 pint) milk
450ml (3/4 pint) hot vegetable stock
2.5ml (1/2 tsp) dried marjoram (see Tip, page 53)
2.5ml (1/2 tsp) dried basil (see Tip, page 53)
salt and pepper to taste
150ml (1/4 pint) double cream

1 Cook the onion, mushrooms and butter together in a bowl on 100% for 4 minutes.
2 Stir in the flour to form a paste, gradually add the milk and stock.
3 Stir in the marjoram, basil, salt and pepper to taste. Cook on 100% for 8 - 10 minutes, stir after 4 minutes.
4 Blend and add the cream, cook on 100% for 6 minutes.

BROCCOLI & CHEESE SOUP

Serves 4
15ml (1tbsp) sunflower oil
225g (8oz) onion, finely chopped
400g (14oz) broccoli, broken into small florets
25g (1oz) plain flour
1 litre (1 3/4 pints) hot vegetable stock
300ml (1/2 pint) milk
225g (8oz) Double Gloucester cheese, grated
salt and pepper to taste

1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100% for 5 minutes.
2 Stir in the flour to form a paste, add the stock, milk and cheese, mix well. Cover and cook on 100% for 10 minutes.
3 Blend in a food processor. Return to bowl and season. Heat on 70% for 18 minutes, stir 3 - 4 times.

AVOCADO AU GRATIN

Serves 2-4
50g (2oz) butter
50g (2oz) fresh brown breadcrumbs
50g (2oz) cooked ham, finely chopped
90ml (6tbsp) double cream
salt and pepper to taste
5ml (1tsp) fresh parsley, chopped
2 large ripe avocados
15ml (1tbsp) lemon juice
50g (2oz) cheese, grated
fresh parsley sprigs to garnish

1 Place the butter in a bowl and heat on 100% for 1 minute. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on 100% for 2 - 3 minutes.
2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
4 Place the dish on the high rack, use sequence programming to cook on 100% for 2 minute, then on GRILL for 6 - 7 minutes until brown and crispy.

CRISPY STUFFED MUSHROOMS

Serves 2 - 3
6 medium open cap mushrooms
75g (3oz) butter
2 cloves garlic, crushed (See Tip, page 51)
75g (3oz) fresh breadcrumbs
50g (2oz) cheese, grated

Variation:
Stilton Stuffed Mushrooms: Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

1 Remove and chop mushroom stalks. Place mushroom caps on the turntable, open side up.
2 Heat butter with garlic on 100% for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
3 Cook on GRILL - 3 for 10 minutes.

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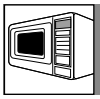

RECIPES

TURKEY FEUILLETES

Serves 6
25g (1oz) butter
6 rashers rindless, streaky bacon, sliced
75g (3oz) onion, finely chopped
50g (2oz) mushrooms, thinly sliced
450g (1lb) turkey, diced
25g (1oz) plain flour
300ml (1/2 pint) hot chicken stock
salt and pepper
50g (2oz) creme fraiche or double cream
15ml (1 tbsp) parsley, finely chopped
550g (1lb 4oz) puff pastry
1 egg (size 3), beaten

1 Melt the butter for 30 seconds on 100%. Add the bacon, onion, mushroom and turkey and cook for 8 minutes on 100%.
2 Stir in the flour and gradually whisk in the chicken stock and seasoning. Cook for 10 minutes on 100%. Stir twice.
3 Stir in the creme fraiche or double cream and parsley. Leave until completely cooled.
4 Roll out 6 squares of pastry measuring 7" x 7". Divide the filling into six and place in the centre.
5 Brush the edges with egg. Pull up opposite corners to meet in the centre, then pinch the seams together carefully.
6 Brush all over with egg and place on a greased baking tray and cook on convection 200°C for 20 minutes.

CHEESY FISH GOUJONS

Serves 4
450g (1lb) white fish fillets
100g (4oz) Parmesan cheese
salt and pepper to taste
1 egg (size 3), beaten
sunflower oil

1 Cut fish into thin strips approx. 6.4cm (2.5") long.
2 Combine cheese and seasoning.
3 Dip fish strips first into the egg, then into the cheese mixture, coat evenly.
4 Brush the turntable with oil and spread the coated fish in a single layer over the base.
5 Cook on GRILL - 3 for 12 minutes. Turn over after 7 minutes.

SALMON AND CHEESE PARCELS

Serves 4
200g (7oz) canned asparagus, chopped
225g (8oz) salmon fillet, cooked, flaked
200g (7oz) cream cheese and chives
salt and pepper to taste
15ml (1 tbsp) fresh dill, chopped
450g (1lb) puff pastry
1 egg, to glaze

1 Drain asparagus, place in a bowl with the salmon, cream cheese, seasoning and dill, mix well.
2 Preheat the oven to convection 200°C.
3 Divide pastry into four and roll out to 18cm (7") squares.
4 Place equal amounts of mixture into the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes or on baking trays.
5 Place one dish on the low rack, the other on the high rack. Cook on convection 200°C for 20 minutes. Swap the trays over and cook for a further 20 minutes until golden.

GARLIC PRAWNS

Serves 6
50g (2oz) butter
3 cloves garlic, crushed (see Tip, page 51)
250g (9oz) tiger prawns, cooked and peeled
5ml (1 tsp) fresh parsley, chopped

Variation:
Garlic Mushrooms: Substitute prawns with 250g (9oz) mushrooms cut into quarters.

1 Heat the butter on 100% for 30 seconds. Stir in the garlic and cook on 100% for a further minute.
2 Stir in the prawns and cook on 50% for 8 minutes, stirring every minute. Sprinkle with parsley to serve.
Serve in ramekin dishes with French bread.

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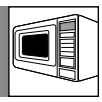


FISH CRUMBLE PIE

Serves 4
450g (1lb) white fish fillets (Cod or Haddock)
50g (2oz) butter
225g (8oz) courgettes, sliced
100g (4oz) mushrooms, sliced
75g (3oz) peas
300ml (1/2 pint) white sauce (see Page 61)
2.5ml (1/2 tsp) dried marjoram (see Page 53)
2.5ml (1/2 tsp) dried thyme (see Page 53)
salt and pepper to taste
CRUMBLE:
125g (5oz) plain flour
75g (3oz) jumbo oats
100g (4oz) margarine
50g (2oz) cheese, grated
1.25ml (1/4 tsp) dried marjoram (see page 53)
salt and pepper to taste

1 Arrange fish in a single layer in a large flan dish. Cover and cook on 100% for 5 - 6 minutes.
2 Place butter, courgette, mushrooms and peas in a 2.5 litre (approx. 4 pint) casserole dish. Cover and cook on 100% for 2 - 3 minutes. Stir in flaked fish.
3 Stir herbs into sauce. Season. Add to fish mixture.
4 To prepare crumble, place the flour and oats in a bowl, rub in the margarine until the mixture resembles breadcrumbs. Spread crumble over the fish mixture and sprinkle generously with cheese and marjoram. Season.
5 Place on the low rack and bake on DUAL - 1, 200°C, 50% for 20 minutes.

GRILLED TUNA STEAK WITH ORANGE

Serves 4
5ml (1 tsp) green peppercorns, crushed
15ml (1 tbsp) fresh tarragon
2.5ml (1/2 tsp) salt
4 fresh tuna steaks (approx. 250g (9oz) each)
juice and grated rind of 2 medium oranges
olive oil to sprinkle
15ml (1 tbsp) cornflour mixed with
15ml (1 tbsp) water

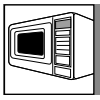
Serve with new potatoes and fresh vegetables.

1 Mix peppercorns, tarragon and salt. Rub evenly onto the steaks and arrange in a flan dish, add orange juice and rind. Sprinkle generously with oil. Marinade in fridge for 30 minutes to an hour.
2 Place on low rack, use sequence cooking to cook on 50% for 10 minutes, then on DUAL - 2, 50% for 8 minutes.
3 Remove fish steaks from flan dish. Stir cornflour mixture into remaining juice. Heat on 100% for 2 - 3 minutes until thickened, stir after 1 minute.
4 Return the fish steaks to the sauce and heat on 70% for 1 minute.

FISH KEBABS

Serves 2 - 4
4 wooden skewers (see Tip, page 53)
2 courgettes, cut into 8 chunks
4 medium mushrooms, stalks removed
450g (1lb) firm fleshed fish skinned and cut into 16 cubes
4 slices of orange
2 firm medium tomatoes, halved
5ml (1 tsp) fresh dill, chopped
50g (2oz) butter

1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
2 Heat the dill and butter in a small bowl on 100% for 30 seconds. Brush kebabs with the dill butter, place in a flan dish on the high rack.
3 Cook on DUAL - 2, 50% for 18 minutes. Turn over and rearrange the kebabs every 6 minutes.



RECIPES

BACON AND STILTON PIE

Serves 6
1 tbsp olive oil
75g (3oz) onion, chopped
150g (5 1/2oz) back bacon, diced
225g (8oz) leeks, thinly sliced
150g (5 1/2oz) Stilton, crumbled
900ml (6 tbsp) single cream
seasoning
1 egg yolk, beaten
225g (8oz) self raising flour
pinch of salt
100g (4oz) shredded suet
150ml (1/4 pint) water
beaten egg to glaze

1. Place the oil, onion and bacon in a bowl and cook on 100% for 2 minutes.
2. Add leeks and cook for 5 minutes on 100%.
3. Stir in the stilton, cream, seasoning and egg yolk. Place on one side to cool.
4. Sift the flour and salt into a large mixing bowl and stir in the suet.
5. Gradually mix in 150ml water until you have a soft dough, knead lightly on a floured work surface, roll out a bottom and top. Line an 8" greased flan dish with the bottom.
6. Place the filling on the pastry bottom and seal the pie with the top.
7. Brush with egg to glaze.
8. Place on the low rack and bake on DUAL - 1, 250°C, 30% for 25 minutes.

CHILLI CON CARNE

Serves 4
45ml (3 tbsp) vegetable oil
150g (5 1/2oz) onion, finely chopped
100g (4oz) celery, finely chopped
2 cloves garlic, crushed (see Tip, page 40)
75g (3oz) bacon, finely chopped
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato purée
450g (1lb) lean minced beef
15ml (1 tbsp) dried mixed herbs (see Tip, page 53)
450g (1lb) canned red kidney beans
5 - 15ml (1 - 3 tsps) chilli powder, to taste
300ml (1/2 pint) red wine
300ml (1/2 pint) hot beef stock
salt and pepper to taste

1 Place oil, onion, celery, garlic and bacon into a large bowl, mix well. Cover and cook on 100% for 7 - 8 minutes.
2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100% for 9 - 10 minutes, stir 2 - 3 times during cooking.
3 Add herbs, kidney beans, chilli powder, wine and stock. Season, mix well. Cover and cook on 100% for 5 minutes, then for 21 - 22 minutes on 50% until sauce is thick. Stir 2 - 3 times during cooking.

Variation:

Sheperds Pie: Make as above, omit the wine. Place in a dish and top with 700g (1 1/2lb) mashed potato. Place on turntable and cook on DUAL - 2, 70% for 9 - 10 minutes until evenly brown.

MEXICAN TACOS

Serves 4
225g (8oz) lean minced beef, pork or lamb
2 cloves garlic, crushed (see Tip, page 51)
75g (3oz) onion, chopped
2 fresh, green chillis, chopped
225g (8oz) canned, chopped tomatoes
100g (4oz) canned, red kidney beans
8 taco shells, pre-cooked
175g (6oz) Cheddar cheese, grated

Mexican dish of spicy filled corn tortillas. Serve with Guacamole, soured cream and crisp salad.

1 Place the mince, garlic and onion in a bowl, mix well. Cook on 100% for 7 - 8 minutes, stir twice.
2 Stir in chillis, tomatoes and beans. Cook on 100% for 18 minutes. Place taco shells on kitchen paper on turntable. Heat on 100% for 2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL - 2, 30% for 7 - 8 minutes.

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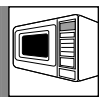

STEAK & KIDNEY PUDDING

Serves 4
450g (1lb) stewing steak, chopped
100g (4oz) kidney, chopped
125g (5oz) onion, chopped
2.5ml (1/2 tsp) dried mixed herbs (see Tip, page 53)
450ml (3/4 pint) beef stock
15ml (1 tbsp) cornflour mixed with a little water
PASTRY:
225g (8oz) self-raising flour
2.5ml (1/2 tsp) salt
5ml (1 tsp) baking powder
100g (4oz) suet
150ml (1/4 pint) cold water
15ml (1tbsp) milk

1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on 50% for 65 - 70 minutes. Stir after half the cooking time and add the cornflour to thicken.
2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
3 Add enough cold water to form a soft dough. Roll out 2/3 of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, pierce and cook on 100% for 13 - 14 minutes.

CASSEROLE

Serves 6
60ml (4 tbsp) plain flour
salt and pepper
15ml (1 tbsp) dried mixed herbs (see Tip, page 53)
500g (1lb 2oz) braising steak, sliced thinly
75g (3oz) streaky bacon rashers, chopped
25g (1oz) butter
225g (8oz) carrots, sliced
225g (8oz) courgettes, sliced
100g (4oz) baby onions, whole
225g (8oz) potatoes, par-boiled and chopped
300ml (1/2 pint) hot beef stock
300ml (1/2 pint) red wine
30ml (2 tbsp) cornflour blended with water

1 Mix together the flour, salt, pepper and herbs. Toss the beef and bacon in the seasoned flour until well coated.
2 Put the butter in a 2.5 litre (approx. 4 pint) casserole dish and melt on 100% for 30 seconds. Stir in the beef, bacon, carrots, courgettes, onions and potatoes.
3 Pour in the beef stock, wine and blended cornflour, mix well. Cover with lid, place on low rack and cook on DUAL - 1, 180°C, 30% for 50 minutes. Stir 2 - 3 times.
4 Leave to stand for 5 minutes before serving, so that the meat relaxes to improve the texture.

BEEF STROGANOFF

Serves 4
800g (1 3/4lbs) rump steak, cut into strips
50g (2oz) plain flour
salt and pepper to taste
125g (5oz) onion, finely chopped
30ml (2 tbsp) tomato purée
450ml (3/4 pint) hot beef stock
150ml (1/4 pint) white wine
100g (4oz) mushrooms, thinly sliced
150ml (1/4 pint) soured cream

1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
2 Stir in the onion, purée, stock and wine. Cover and cook on 50% for 50 - 55 minutes, stir 2 - 3 times during cooking.
3 Stir in mushrooms, cook on 50% for 6 - 7 minutes.
4 Stir in the cream before serving.

Serve on a bed of tagliatelle or rice.

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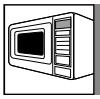

RECIPES

CHICKEN SATAY

Serves 4
MARINADE:
15ml (1 tbsp) groundnut oil
15ml (1 tbsp) lemon juice
60ml (4 tbsp) satay sauce
1 clove garlic, crushed (see Tip, page 51)
Tabasco sauce to taste
450g (1lb) chicken fillets, cubed
4 wooden skewers (see Tip, page 53)

1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack. Cook on DUAL - 2, 70% for 12 - 14 minutes. Turn over and rearrange skewers every 3 - 4 minutes.

CHICKEN & CAMEMBERT ROLLS

Serves 4
4 large chicken breast fillets, skinned (approx. 200g (7oz) each)
100g (4oz) Camembert, finely chopped
3 spring onions, finely chopped
2.5ml ($^1/_2$ tsp) dried parsley
salt and pepper to taste
cocktail sticks to secure
75g (3oz) Cheddar cheese, grated

Sprinkle with toasted almonds to serve.

1 Open out chicken breasts, flatten with a rolling pin.
2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture at one end of each breast. Roll up tight and secure with cocktail sticks. Ensure no filling is visible.
3 Place the breasts seam side upwards in a flan dish.
4 Place on the low rack and cook on DUAL - 2, 70% for 18 minutes, turn over and add cheese after 8 minutes.

Microwave Tip: Toasting Almonds

Place 25g (1oz) almonds in a shallow flan dish with a knob of butter, heat on 100% for 3 minutes, stir every minute until golden.

CHICKEN KORMA

Serves 6
900g (2lb) chicken, cut into large pieces
175g (6oz) natural yoghurt
2 cloves garlic, crushed (see Tip, page 51)
50g (2oz) creamed coconut
10ml (2 tsp) turmeric
25g (1oz) butter
125g (5oz) onion, sliced
5cm (2") piece fresh ginger, grated
5ml (1 tsp) chilli powder
5ml (1 tsp) coriander seeds
5ml (1 tsp) cumin
5ml (1 tsp) cinnamon
salt and peper to taste
10ml (2 tsp) cornflour
150ml ($^1/_4$ pint) single cream
25g (1oz) roasted cashew nuts

1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
2 Place butter in a large bowl, heat on 100% for 30 seconds, until melted. Add the onion and cook on 100% for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on 100% for 1 minute.
3 Add the chicken and marinade, mix well. Stir in the cumin and cinnamon. Season. Cover and cook on 100% for 8 minutes, stirring after 4 minutes.
4 Rearrange the chicken pieces and cook on 50% for 10 minutes. Stir halfway through cooking time.
5 Combine the cornflour with the cream and stir into the chicken. Cook on 100% for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.

Serve with rice and poppadums.

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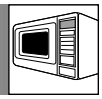


CHICKEN BREASTS PARMESAN

Serves 4
50g (2oz) fresh breadcrumbs
50g (2oz) Parmesan cheese, freshly grated
1 egg (size 3), beaten
4 chicken fillets (200g (7oz) each)
25g (1oz) plain flour
400g (14oz) canned chopped tomatoes
1 clove garlic, crushed (see Tip, below)
10ml (2 tsp) fresh oregano, chopped
300ml (1/2 pint) chicken stock
salt and pepper to taste
50g (2oz) Cheddar or Parmesan cheese, grated

1 Combine breadcrumbs and cheese.
2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pints) casserole dish and put to one side.
3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on 100% for 5 minutes, stirring every minute until thickened.
4 Spoon tomato mixture over the chicken breasts.
5 Place on the low rack, cook for 30 minutes on DUAL - 1, 200°C, 70%.
6 Rearrange the chicken pieces twice whilst cooking.
7 Sprinkle generously with grated cheese, 15 minutes before the end of cooking.

Microwave Tip: Peeling garlic easily

Place 3 - 4 cloves of garlic on the turntable. Heat on 100% for 30 seconds, squeeze at one end until the clove pops out.

HONEYED CHICKEN

Serves 4
4 chicken fillets (200g (7oz) each)
45ml (3 tbsp) clear honey
5ml (1 tsp) whole grain mustard
2.5ml (1/2 tsp) dried tarragon (see Tip, page 53)
15ml (1 tbsp) tomato purée
150ml (1/4 pint) chicken stock
15ml (1 tbsp) cornfour
salt and pepper

1 Place the chicken breasts in a casserole dish.
2 Mix all remaining ingredients together and pour over the chicken.
3 Cook on 70% for 22 minutes. Turnover and coat the chicken with the sauce several times during cooking.

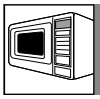
Microwave Tip: Softening crystalised honey

Place 100g (4oz) honey in a bowl. Heat on 100% for 1 minute until runny.

CHICKEN & MUSHROOM BAKE

Serves 4
600g (1lb 6oz) chicken, cubed
225g (8oz) mushrooms, sliced
100g (4oz) leeks, sliced
10ml (2 tsp) English mustard powder
salt and pepper
SAUCE:
75g (3oz) butter
2 spring onions, sliced
75g (3oz) mushrooms, sliced
25g (1oz) plain flour
300ml (1/2 pint) milk
salt and pepper
250g (9oz) mascarpone cheese

1 Place the chicken, mushrooms, leeks, mustard, salt and pepper into a 2.5 litre (approx. 4 pints) bowl with 50g butter and cook on 100% for 7 - 8 minutes, stir twice.
2 Place the remaining butter, spring onions and mushrooms in a bowl, heat on 100% for 1 minute until melted.
3 Stir in the flour and whisk in the milk. Cook on 100% for 6 minutes, stir every 2 minutes until thick and smooth. Season with salt and pepper.
4 Mix the mascarpone cheese into the sauce and pour the sauce over chicken mixture. Mix well.
5 Place on the low rack and bake on DUAL - 1, 200°C, 50% for 20 minutes. Stir halfway through the cooking time.



RECIPES

VEGETABLE CHILLI

Serves 4 - 6
30ml (2 tbsp) olive oil
175g (6oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 51)
75g (3oz) tomato purée
225g (8oz) carrots, chopped
1 red pepper, seeded and sliced
1 green pepper, seeded and sliced
150g (5 1/2oz) fresh baby sweetcorn, chopped
4 sticks celery, sliced
225g (8oz) courgettes, sliced
5ml (1 tsp) ground cumin
10ml (2 tsp) mild chilli powder
2.5ml (1/2 tsp) cayenne pepper
400g (14oz) canned, chopped tomatoes
225g (8oz) canned haricot beans, drained
400g (14oz) canned red kidney beans in chilli sauce
300ml (1/2 pint) hot vegetable stock
15ml (1 tbsp) cornflour blended with water

1 Place the oil, onion, garlic and tomato purée in a large bowl. Heat on 100% for 2 minutes.
2 Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on 100% for 3 minutes.
3 Stir in the remaining ingredients (apart from the cornflour). Mix well and cook on 70% for 20 minutes, stir 3 - 4 times during cooking.
4 Add the blended cornflour, mix well and cook on 100% for 5 - 6 minutes.

Serve hot with rice or as a filling for tacos.

Microwave Tip: Heating taco shells

Place 8 - 10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on 100% for 1 1/2 - 2 minutes until warm. Spoon in filling as preferred.

RED LENTIL LASAGNE

Serves 4 - 6
10ml (2 tsp) olive oil
175g (6oz) onion, chopped
1 clove garlic, crushed (see Tip, page 51)
2 leeks, sliced
100g (4oz) mushrooms, thickly sliced
10ml (2 tsp) chopped fresh basil
10ml (2 tsp) chopped fresh oregano
225g (8oz) red split lentils
800g (1 3/4lb) canned chopped tomatoes
450ml (3/4 pint) hot vegetable stock
1 bay leaf
salt and pepper to taste
12 sheets lasagne (spinach)
600ml (1 pint) cheese sauce (see page 61)
50g (2oz) cheddar cheese, grated

1 Place the oil, onion and garlic in a bowl, cook for 2 minutes on 100%.
2 Add the leeks, mushrooms, basil, oregano and lentils and then cook for a further 5 minutes on 100%.
3 Stir in the tomatoes with the vegetable stock and the bay leaf.
4 Cover and cook for 20 minutes on 70%.
5 Season with salt and pepper then remove the bay leaf.
6 Make the cheese sauce.
7 Put a layer of the lentil mixture into the base of a deep, 25.4cm (10") square dish. Cover with some lasagne and then some of the cheese sauce. Repeat, making the last layer cheese sauce, add the grated cheese.
8 Place on low rack and cook on DUAL - 1, 200°C, 50% for 20 minutes.

STUFFED TOFU WITH SPICY TOMATO SAUCE

Serves 4
500g (1lb 2oz) tofu, drained
100g (4oz) Mozzarella, thinly sliced
75g (3oz) Danish Blue, thinly sliced
1 quantity Spicy Tomato Sauce (see page 61)

1 Cut tofu in half to make 4 pieces.
2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a large flan dish. Pour in sauce.
3 Place on turntable, cook on 50% for 12 - 14 minutes.

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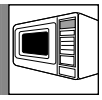


CHEESY JACKETS

Serves 2
2 baking potatoes (approx. 250g (9oz)) each
50g (2oz) butter
100g (4oz) Double Gloucester cheese, finely chopped
15ml (1 tbsp) chives, chopped
50g (2oz) mushrooms, finely chopped
salt and pepper to taste

Cheese & sweetcorn jackets: *Omit the Double Gloucester cheese, chives and mushrooms. Add 100g (4oz) of grated Cheddar cheese and 50g (2oz) sweet corn kernels at Stage 2.*

1 Prick each potato in several places. Place in a flan dish on low rack. Cook on DUAL - 1, 250°C, 70% for 14 - 15 minutes until brown and crispy. Turnover after 7 minutes.
2 Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms, mix well. Season. Pile the mixture back into the potato skins.
3 Place the filled potatoes in a flan dish on the low rack. Cook on DUAL - 2, 50% for 7 - 8 minutes until brown and crispy.

Cook's Tip: Wooden skewers
To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

Microwave Tip: Drying herbs
Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on 70% for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs will take a little longer.

PARTY PASTA

Serves 4
600g (1 1/2lb) canned, chopped tomatoes
150g (5 1/2oz) red pesto
600g (1 1/2lb) sun-dried tomatoes, chopped
salt and pepper to taste
500g (1lb 2oz) fresh ravioli (meat or vegetarian)
600ml (1 pint) cheese sauce (see page 61)
150g (5 1/2oz) mozzarella cheese

1 Empty the tomatoes into a large bowl and cook on 100% for 8 minutes to reduce the juice.
2 Combine the Pesto and sun-dried tomatoes with the tomatoes and season.
3 Spread a 1/3 of this sauce over the base of a greased 25cm (10") square dish, then place a single layer of ravioli. Next, spread a 1/3 of the cheese sauce over the ravioli. Layer until all ingredients have been used, with the last layer being ravioli.
4 Sprinkle the grated mozzarella all over and place on the low rack. Cook on DUAL - 1, 220°C, 50% for 25 minutes.

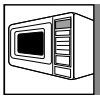
Microwave Tip: Softening cream cheese
Place 225g (8oz) cream cheese on a plate. Heat on 30% for 1 minute until soft.

QUICHE LORRAINE

Serves 4 - 6
300g (11oz) short crust pastry
6 rashers of bacon, chopped
125g (5oz) onion, finely chopped
4 eggs (size 3)
300ml (1/2 pint) milk
salt and pepper to taste
5ml (1 tsp) dried mixed herbs (see Tip, page 53)
225g (8oz) Cheddar cheese, grated

Variation:
Stilton & mushrooms: Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

1 Line a 25cm (10") flan dish with pastry.
2 Place bacon and onion in a bowl, cook on 100% for 3 minutes.
3 Place eggs, milk, seasoning in a bowl, mix well.
4 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
5 Place on the low rack, and cook on DUAL - 1, 220°C, 30% for 25 minutes until set and brown.



RECIPES

EGG FRIED RICE

Serves 4
30ml (2 tbsp) groundnut oil
1 clove garlic, crushed (see Tip, page 51)
4 spring onions, sliced
100g (4oz) button mushrooms, halved
50g (2oz) peas
175g (6oz) long grain white rice, cooked
15ml (1 tbsp) dark soy sauce
2 eggs (size 3), beaten
salt and pepper to taste

1 Place the oil, garlic, spring onions, mushrooms and peas in a large bowl, mix well. Heat on 100% for 2 minutes.
2 Stir in the rice and soy sauce. Heat on 100% for 6 - 7 minutes, stir every 2-3 minutes until the rice is evenly hot.
3 Pour egg over the rice, do not stir into the rice. Cook on 100% for 2 minutes and then break up the egg and stir evenly into the rice. Season.

CANNELLONI

Serves 4
125g (5oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 51)
25g (1oz) butter
450g (1lb) lean minced beef
100g (4oz) mushrooms, chopped
15ml (1 tbsp) tomato purée
400g (14oz) canned chopped tomatoes
150ml (1/4 pint) hot beef stock
salt and pepper to taste
12 pieces of lasagne
300ml (1/2 pint) cheese sauce (see page 61)
extra grated cheese to sprinkle
15ml (1 tbsp) fresh oregano, chopped to garnish

1 Place onion, garlic and butter in a bowl, heat on 100% for 2 minutes. Add the mince, cook on 100% for 7 minutes, stir halfway through cooking.
2 Add mushrooms, purée, tomatoes, stock and seasoning. Cook on 70% for 25 minutes until thickened, stir every 5 minutes.
3 Place 3 - 4 pieces of lasagne in a bowl, cover with boiling water. Cook on 100% for 4 minutes until tender enough to bend. Remove from water, dry on kitchen paper. Repeat for the remaining lasagne.
4 Place a large spoonful of meat mixture at one end of a piece of lasagne, roll up and place seam side down in a deep, square 25.4cm (10") dish. Repeat for remaining lasagne. Place any remaining meat around the filled lasagne.
5 Pour the cheese sauce on top of the filled lasagne. Sprinkle generously with cheese and oregano.
6 Place on low rack, cook on DUAL - 1, 220°C, 70% for 20 minutes until brown and crispy.

Microwave Tip: Softening avocados
Pierce an unpeeled avocado in several places. Place on the turntable and heat on 100% for 1 minute. Allow to cool before peeling.

STUFFED TOMATOES

Serves 4
4 beef tomatoes
125g (5oz) white long grain rice, cooked
50g (2oz) cooked ham, chopped
50g (2oz) peas
15ml (1 tbsp) fresh oregano, chopped
salt and pepper to taste
75g (3oz) Mozzarella cheese, chopped
15ml (1 tbsp) frsh oregano, chopped to garnish

1 Slice the top of each tomato and scoope out the flesh into a bowl, stir in the rice, ham, peas, oregan, salt and pepper.
2 Fill each tomato shell with the rice mixture and place in a large flan dish. Sprinkle generously with the Mozzarella cheese and oregano.
3 Place on the low rack and cook on DUAL - 2, 50% for 10 minutes until the tomatoes are tender and the cheese is brown and crispy.

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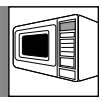


VEGETABLE LAYERED LOAF

Serves 4 - 6
450g (1lb) potatoes, grated
125g (5oz) Cheddar cheese, grated
125g (5oz) fresh wholemeal breadcrumbs
2 small courgettes, sliced
1 large carrot, grated
2 sticks celery, sliced
2 eggs (size 3)
150ml (1/2 pint) milk
75g (3oz) Cheddar cheese, grated to sprinkle
15ml (1 tbsp) fresh parsley, chopped

1 Combine the potato, cheese and breadcrumbs in a bowl.
2 Line the base of a greased 1.5 litre loaf dish with half of the potato mixture. Place a layer of courgettes on top of the mixture, followed by a layer of carrot, then a layer of celery. Add the remaining potato mixture. Beat the egg and milk together and pour over the layers. Finally, sprinkle with grated cheese and parsley over the top.
3 Place on the low rack and cook on DUAL - 1, 220°C, 50%, for 20 minutes.

SPICY POTATOES

Serves 4
30ml (2tbsp) vegetable oil
10ml (2 tsp) ground cinnamon
10ml (2 tsp) ground coriander
5ml (1 tsp) cayenne pepper
10ml (2 tsp) sesame seeds
5ml (1 tsp) caraway seeds
50g (2oz) butter
1.3cm (1/2") fresh root ginger, peeled and grated
2 cloves garlic, crushed (see Tip, page 51)
675g (1 1/2lb) cooked potatoes, cut into 2.5cm (1") pieces
pinch of salt

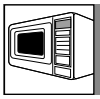
1 Place the oil, cinnamon, coriandar, cayenne pepper, sesame and caraway seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Heat on 100% for 1 minute.
2 Add the butter, ginger and garlic. Cook on 70% for 3 minutes. Stir in the potatoes and salt.
3 Place on the turntable, cook 50% for 8 - 10 minutes, stir every 2 - 3 minutes.

Garnish with fresh chopped coriander, serve with grilled or roasted meats.

SWEET AND SOUR VEGETABLES

Serves 4
15ml (1 tbsp) sunflower oil
1 clove garlic, crushed (see Tip, page 51)
2 medium carrots, cut into strips
150g (5 1/2oz) fresh baby sweetcorn
100g (4oz) button mushrooms, halved
50g (2oz) beansprouts
100g (4oz) mange-tout
1 red pepper, seeded and thinly sliced
1 yellow pepper, seeded and thinly sliced
6 spring onions, chopped
100g (4oz) canned water chestnuts, sliced
2 sticks celey, sliced
225g (8oz) canned pineapple chunks
300g (11oz) cabbage, shredded
1 quantity of sweet and sour sauce (see page 61)

1 Place the oil, garlic, carrots and sweetcorn in a large bowl and mix well. Cover and cook on 100% for 4 - 5 minutes.
2 Stir in the mushrooms, beansprouts, mange-tout, red and yellow pepper, spring onion, chestnuts, celery, pineapple and cabbage.
3 Cover and cook on 100% for 6 - 8 minutes until the vegetables are tender, stir thoroughly halfway through cooking and add the sweet and sour sauce.



RECIPES

FIGGY PUDDING
Serves 6
125g (5oz) dried figs, roughly chopped
125g (5oz) dried apricots, roughly chopped
100g (4oz) raisins
100g (4oz) currants
60ml (4tbsp) brandy
75g (3oz) plain flour
2.5ml (1/2 tsp) allspice
2.5ml (1/2 tsp) grated nutmeg
2.5ml (1/2 tsp) ground cinnamon
50g (2oz) fresh breadcrumbs
75g (3oz) shredded suet
100g (4oz) soft brown sugar
50g (2oz) blanched almonds, roughly chopped
grated rind of 1 medium orange
grated rind of 1 medium lemon
1 eating apple, grated
15ml (1 tbsp) black treacle
1 egg (size 3), beaten

1 Place figs, apricots, raisins, currants, and brandy in a large bowl, mix well. Leave for 2 hours.
2 Place the flour, spices, breadcrumbs, suet, sugar, almonds, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
3 Grease 1.2 litre (2 pints) pudding basin and line the base with a circle of kitchen paper. Spoon in the pudding mixture, smooth the surface and cover with cling film.
4 Cook on 50% for 16 - 17 minutes until firm to the touch.

Serve with brandy sauce, see page 62.

Microwave Tip: Reheating Christmas pudding

Place a 500g (1lb 2oz) pudding in a shallow flan dish. Cover and heat on 70% for 3 - 4 minutes.

APPLE PIE
Serves 6
PASTRY:
150g (5 1/2oz) butter
350g (12oz) flour
50g (2oz) caster sugar
2 egg yolks (size 3)
cold water to mix
FILLING:
1kg (2lb) cooking apples, peeled and sliced
100g (4oz) demerara sugar
10ml (2 tsp) ground cinnamon (optional)
grated rind of 1 orange (optional)
1 egg (size 3) mixed with a little milk to glaze
demerara sugar

1 For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold water to make a soft, but not sticky, dough. Chill whilst making the filling.
2 For filling, combine apple, sugar, cinnamon (optional) and orange rind (optional) in a large bowl. Cook on 100% for 8 minutes, stirring twice.
3 Line the base of a greased 20cm x 2.5cm (8" x 1") pie dish with half the pastry. Cook the pastry base on 50% for 7 - 8 minutes. Spoon in apple mixture, roll out remaining pastry and cover.
4 Pinch pastry edges to seal amd make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and prinkle generously with sugar.
5 Place on the low rack, cook on DUAL - 1, 220°C, 10%, for 20 - 25 minutes, until golden brown.

CHOCOLATE FUDGE
Makes 675g (1 1/2lb)
150g (5 1/2oz) milk chocolate, broken into pieces
100g (4oz) butter, melted
450g (1lb) icing sugar, sieved
45ml (3 tbsp) milk

1 Place the chocolate in a bowl and heat on 100% for 2 minutes, stir every 30 seconds until melted.
2 Stir in butter, icing sugar and milk. Heat on 100% for 2 - 3 minutes, stir vigorously every minute until the mixture is thick and glossy.
3 Pour into a greased, rectangular 20 x 15cm (8" x 6") dish, chill to set before cutting.

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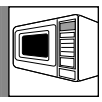

MOST CARROT CAKE

Serves 6 - 8
150ml (1/4 pint) sunflower oil
225g (8oz) soft brown sugar
3 eggs (size 3), beaten
175g (6oz) self raising flour
5ml (1tsp) bicarbonate of soda
1.25 ml (1/4 tsp) salt
10ml (2 tsp) cinnamon
300g (11oz) carrots, grated
100g (4oz) walnut halves, roughly chopped
ICING:
225g (8oz) cream cheese (See Tip, page 53)
grated rind of 1 lemon
5ml (1 tsp) lemon juice
30ml (2 tbsp) icing sugar
25g (1oz) walnuts, finely chopped to sprinkle

1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
3 Place on turntable, cook on DUAL - 1, 180°C, 30%, for 26 minutes. Allow to cool before decorating.
4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

If iced with cream cheese, keep cake refrigerated. Eat within 2 days.

Variation:
Carrot & Courgette: *Substitute 150g (5 1/2oz) of the carrots with 150g (5 1/2oz) grated courgettes. Add with the carrots and walnuts in stage 1.*

CHOCOLATE BROWNIES

Serves 6 - 8
225g (8oz) margarine
225g (8oz) caster sugar
7.5ml (1 1/2 tsp) vanilla essence
4 eggs (size 3), beaten
100g (4oz) plain flour
50g (2oz) cocoa powder
2.5ml (1/2 tsp) baking powder
75g (3oz) walnuts, roughly chopped

1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
2 Stir in the remaining ingredients.
3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
4 Place on the turntable, cook on DUAL - 1, 180°C, 30%, for 15 minutes.

RASPBERRY AND CHOCOLATE CAKE

Serves 8
250g (9oz) self raising flour
Large pinch of salt
175g (6oz) butter, cut into small pieces
100g (4oz) ground almonds
100g (4oz) caster sugar
2 eggs (size 3), beaten
60ml (4 tbsp) milk
10ml (2 tsp) almond essence
100g (4oz) white chocolate, chopped
300g (11oz) fresh raspberries
Icing sugar, for dusting

1 Grease a 20.4cm (8") round cake tin and line the base with greaseproof paper.
2 Sift the flour and salt into a large bowl. Rub the butter into the flour until the mixture resembles breadcrumbs. Stir in the ground almonds and sugar.
3 Beat the eggs, milk and almond essence together and mix into the flour mixture. Add the chocolate and raspberries and mix in gently.
4 Spread the mixture into the cake tin, place on the low rack and cook on DUAL - 1, 180°C, 50%, for 30 minutes. Allow the cake to cool. Dust with icing sugar.

RECIPES

PLAIN MICROWAVE CAKE

Serves 4 - 6
100g (4oz) margarine
100g (4oz) caster sugar
2 eggs (size 3), beaten
100g (4oz) self raising flour
30 - 45ml (2 - 3 tbsp) water

1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 18cm (7") cake dish with kitchen paper. Spoon mixture into dish and smooth.
2 Cook on 100% for 4 - 5 minutes until firm. Allow to cool slightly before turning out.

CHERRY AND ALMOND CAKE

Serves 6
175g (6oz) butter
175g (6 oz) caster sugar
3 eggs (size 3)
175g (6oz) plain flour
5ml (1 tsp) baking powder
100g (4oz) glacé cherries, quartered
75g (3oz) ground almonds
5ml (1 tsp) almond essence
15ml (1 tbsp) milk

1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
2 Fold in flour and baking powder, stir in the cherries, ground almonds, almond essence and milk.
3 Grease and line the base of a 18cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
4 Place on the turntable, cook on DUAL - 1, 200°C, 30%, for 17 minutes.

CHOCOLATE CHIP COOKIES

Serves 6 - 8
175g (6oz) margarine
100g (4oz) caster sugar
225g (8oz) self raising flour
50g (2oz) milk chocolate, finely chopped
25g (1oz) walnuts, finely chopped

The biscuits will be soft when hot but will harden as they cool.

1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.
2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.
3 Place one dish on low rack and the other on the high rack. Bake on CONVECTION 180°C for 30 minutes until golden brown around the edges. Swap the dishes round after 20 minutes.
4 Allow to cool before removing from the dish.

TRUFFLES

Makes 12
50g (2oz) plain chocalate, broken into pieces
25g (1oz) butter
75g (3oz) sponge cak, crumbled
25g (1oz) icing sugar
15ml (1 tbsp) rum
100g (4oz) plain chocolate, to coat
100g (4oz) dark chocolate vermicelli, to coat

1 Place chocolate and butter in a bowl. Heat on 100% for 1 minute, stir until melted.
2 Add sponge, icing sugar and rum, mix well.
3 Chill the mixture until set enough to handle. Lightly dust your hands with icing sugar and roll the truffle mixture into 12 even sized balls.
4 Break chocolat and place in a bowl. Heat on 100% for 2 - 3 minutes, stir every 30 seconds until melted
5 Pour the vermicelli into a separate bowl.
6 Roll each truffle ball first in the chocolate and then in the vermicelli, coat evenly. Place on greasproof paper, chill to set.

Microwave Tip: Toasting coconut

Spread 100g (4oz) desiccated coconut on a plate. Heat on 100% for 2 - 3 minutes, stir every minute.

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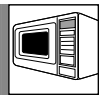


POTATO BREAD

Serves 4
325g (12oz) potato, cooked and mashed
275g (10oz) self raising flour
100g (4oz) mature Cheddar cheese, grated
5ml (1 tsp) salt
5ml (1 tsp) mixed dried herbs (see Tip, page 53)
2 cloves garlic, crushed (see Tip, Page 51)
10ml (2 tsp) whole grain mustard
1 egg (size 3), beaten
75ml (5 tbsp) milk
1 egg (size 3), beaten to glaze
5ml (1 tsp) fresh parsley, chopped to sprinkle

1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20cm (8") in diameter. Place in a 25cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
3 Place on the low rack, cook on DUAL - 1, 220°C, 30% for 25 minutes until golden.

Serve with soup, cheese or salad.

FIG & WALNUT BREAD

Serves 6 - 8
175g (6oz) figs, chopped
150ml (1/4 pint) boiling water
225g (8oz) plain flour
125g (5oz) wholemeal flour
125g (5oz) caster sugar
2.5ml (1/2 tsp) salt
2.5ml (1/2 tsp) bicarbonate of soda
100g (4oz) butter
125g (5oz) walnuts, roughly chopped
150ml (1/4 pint) milk
1 egg (size 3), beaten

1 Place figs in a large bowl, add the boiling water, leave aside to cool.
2 Preheat the oven to Convection 180°C.
3 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
4 Add the fig mixture, milk and egg, mix well.
5 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
6 Place on the low rack, cook in a preheated oven on DUAL - 1, 180°C, 50% for 20 minutes, until a skewer comes out cleanly.

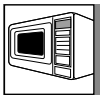
Serve sliced, spread generously with butter.

SODA BREAD

Serves 4
225g (8oz) wholemeal self raising flour
150g (5 1/2oz) medium oatmeal
2.5ml (1/2 tsp) salt
2.5ml (1/2 tsp) bicarbonate of soda
50g (2 oz) butter
120ml (4floz) natural yoghurt
90ml (6 tbsp) milk
1 egg (size 3), beaten to glaze
sesame seeds to sprinkle

1 Combine flour, oatmeal, salt, bicardonate of soda in a large bowl. Rub in the butter.
2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
3 Knead lightly into a round shape approx. 20cm (8") in diameter. Place in a greased 25cm (10") flan dish.
4 Use a knife to mark into 8 wedges, cut only halfway through the dough. Glaze surface with egg, sprinkle with sesame seeds.
5 Place on low rack, bake in a preheated oven on DUAL - 1, 200°C, 10% for 17 - 18 minutes until golden.

Serve with cheese and a salad.



RECIPES

DANISH TEA RING

Serves 6 - 8
250g (9oz) strong plain flour
5ml (1 tsp) dried yeast
5ml (1 tsp) caster sugar
5ml (1 tsp) salt
25g (1oz) butter
1 egg (size 3), beaten
120ml (4floz) hand hot milk
25g (1oz) butter, melted
FILLING:
100g (4oz) ground almonds
100g (4oz) caster sugar
2.5ml ($^1/_2$ tsp) almond essence
2 egg whites (size 3)
TOPPING:
175g (6oz) icing sugar
10ml (2 tsp) lemon juice
10ml (2 tsp) water
flaked almonds, to sprinkle
glacé cherries, halved, to sprinkle

1 Place flour, yeast, sugar and salt in a bowl, mix well. Rub in butter. Add egg and milk, mix to a soft dough. Knead lightly. Return to the bowl, cover with cling film.
2 Place on low rack, prove on CONVECTION 40°C for 20 minutes.
3 Roll the dough into a rectangle 20 x 38cm (8 x 14"), brush with melted butter.
4 To prepare filling, mix ground almonds, sugar, essence and egg whites to a paste. Spread over the dough, roll up tightly from longest side.
5 Place roll in a large, greased flan dish, join ends to form a ring. Using scissors snip 1cm ($^1/_2$") into the dough along the length of the ring at 2cm ($^3/_4$") intervals. Cover loosely with cling film.
6 Place on turntable, prove on CONVECTION 40°C for 20 minutes. Remove cover.
7 Place on low rack, bake in a preheated oven CONVECTION 220°C for 15 - 20 minutes until golden. Cool before decorating.
8 To prepare topping, mix icing sugar, lemon juice and water until smooth. Spread evenly over tea ring, sprinkle with flaked almonds and cherries.

FRUIT SCONES

Serves 6 - 8
450g (1lb) self raising flour
100g (4oz) caster sugar
100g (4oz) butter
100g (4oz) sultanas
2 eggs (size 3), beaten with milk to make 300ml ($^1/_2$ pint)
1 egg (size 3), beaten to glaze

Variations:
Wholemeal scones: *Substitute white self raising flour with wholemeal self raising flour, omit sultanas.*
Date scones: *Substitute white self raising flour with wholemeal self raising flour and the sultanas with 100g (4oz) dates, finely chopped.*
Spiced apple scones: *Substitute white self raising flour with wholemeal flour and sultanas with 1 eating apple, grated. Add 10ml (2 tsp) cinnamon at Stage 2.*
Cheese and chive scones: *Omit sugar and sultanas. Add 175g (6oz) grated Cheddar cheese, 15ml (1 tbsp) dried chives, salt and pepper at Stage 2.*
Fresh herb scones: *Omit sugar and sultanas. Add 10ml (2 tsp) fresh parsley, 10ml (2 tsp) fresh sage and 10ml (2 tsp) fresh thyme at Stage 2.*

1 Grease two large flan dishes.
2 Combine the flour and sugar in a bowl, rub in the butter and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
3 Roll out until 2cm ($^3/_4$") thick, cut out scones 6.5cm ($2^1/_2$") in diameter.
4 Place the scones in the prepared dishes and brush with egg to glaze.
5 Place one dish on the low rack and the other on the high rack. Cook for 45 minutes using CONVECTION 200°C until golden, changing the two dishes around after 25 minutes.

Microwave Tip: Drying breadcrumbs

Spread 100g (4oz) fresh breadcrumbs evenly over a large plate. Heat on 100% for 2 - 3 minutes, stir every minute until crispy.

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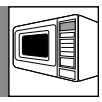


WHITE SAUCE

Makes 300ml (1/2 pint)
25g (1oz) butter
25g (1oz) plain flour
300ml (1/2 pint) milk
salt and pepper to taste

1 Place the butter in a bowl, heat on 100% for 1 minute until melted.
2 Stir in the flour and whisk in the milk. Cook on 100% for 6 minutes, stir every 2 minutes until thick and smooth. Season with salt and pepper.

Variations:

Cheese sauce: *Add 75g (3oz) grated cheese and 5ml (1 tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.*

Parsley sauce: *Stir 15 - 30ml (1 - 2 tbsp) chopped parsley into the finished sauce. Serve with fish.*

Onion sauce: *Stir 225g (8oz) cooked onion, finely chopped, into finished sauce. Heat on 100% for 1 minute. Serve with meat or vegetables.*

Mushroom sauce: *Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1 tsp) chopped parsley at the beginning of Stage 2. Serve with fish.*

Sweet white sauce: *Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.*

SWEET AND SOUR SAUCE

Makes 600ml (1 pint)
125g (5oz) onion, finely chopped
1 green pepper, finly chopped
2 cloves garlic, crushed (see Tip, page 51)
30g (1oz) butter
30g (1oz) plain flour
30ml (2 tbsp) white wine vinegar
30ml (2 tbsp) soy sauce
300ml (1/2 pint) hot chicken stock
50g (2oz) soft dark brown sugar

1 Place the onion, green pepper, garlic and butter in a bowl, mix well. Cook on 100% for 2 minutes.
2 Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on 100% for 3 - 4 minutes, stir every minute until the mixture has thickened. Blend in a food processor for a smoother sauce.

SPICY TOMATO SAUCE

Makes 600ml (1 pint)
3 rashers bacon, chopped (optional)
150g (5 1/2oz) carrot, chopped
225g (8oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 51)
800g canned, chopped tomatoes
300ml (1/2 pint) red wine
45 - 60ml (3 - 4 tsp) medium chilli sauce
10ml (2 tsp) whole grain mustard
30ml (2 tbsp) tomato purée

1 Place bacon, carrot, onion and garlic in a large bowl, cover and heat on 100% for 3 minutes.
2 Add all other ingredients to bacon mixture and mix well. Cook 70% for 35 minutes.
3 Blend in a food processor until smooth, return to bowl and cook on 70% for 3 minutes.

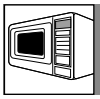
Serve with stuffed tofu, see page 52.

MUSTARD SAUCE

Makes 300ml (1/2 pint)
25g (1oz) butter
45ml (3 tbsp) whole grain mustard
200ml (7floz) soured cream
salt and pepper to taste

1 Place butter in a bowl, heat on 100% for 30 seconds. Add the mustard, soured cream, salt, and pepper, mix well.
2 Cook on 100% for 4 minutes, stir every minute, until smooth and thick.

Serve with meat or fish.



RECIPES

BLUE CHEESE SAUCE
Makes 450ml (3/4 pint)
75g (3oz) Blue Stilton cheese, finely chopped
300ml (1/2 pint) soured cream
150ml (1/4 pint) white wine
15ml (1 tbsp) cornflour blended with water
30ml (2 tbsp) fresh parsley, chopped
salt and pepper to taste

1 Place the cheese, cream wine, cornflour and parsley in a bowl, mix well. Season.
2 Heat on 100% for 8 minutes, stir twice during cooking and again before serving.

Ideal served with pasta.

BRANDY SAUCE
Makes 600ml (1 pint)
50g (2oz) butter
50g (2oz) plain flour
75g (3oz) brown sugar
15ml (1 tbsp) golden syrup
150ml (1/4 pint) double cream
300ml (1/2 pint) milk
60ml (4 tbsp) brandy to taste

1 Place butter in a bowl, heat on 100% for 1 minute until melted. Stir in flour, heat on 100% for 1 minute.
2 Combine sugar, syrup, cream and milk, heat on 100% for 2 minutes.
3 Gradually add cream mixture to the butter and flour mixture. Heat on 100% for 5 - 6 minutes, stir every minute until smooth and thick. Stir in brandy.

Serve hot with Figgy Pudding (page 56).

STRAWBERRY JAM
Makes 675g (1 1/2lb)
675g (1 1/2lb) strawberries, washed and hulled
45ml (3 tbsp) lemon juice
675g (1 1/2lb) preserving sugar

Variation:
Raspberry Jam: Replace 675g (1 1/2lb) strawberries with 675g (1 1/2lb) raspberries.

1 Place strawberries and lemon juice in a very large bowl.
2 Heat on 100% for 5 minutes until strawberries have softened. Add the sugar, mix well.
3 Cook on 70% for 25 - 30 minutes until setting point* is reached, stir every 4 - 5 minutes.
4 Pour into hot, clean jars. Cover, seal and label.

*** Setting point**

To determine, place 5ml (1tsp) jam onto a saucer. Chill. Move surface of jam with finger, if it wrinkles, setting point has been reached.

LEMON CURD
Makes 300g (12oz)
100g (4oz) butter
450g (1lb) caster sugar
45ml (3 tbsp) cornflour
juice of 4 medium lemons
grated rind of 2 lemons
4 egg yolks (size 3), beaten

1 Place butter and sugar in a bowl. Heat on 100% for 2 minutes until melted.
2 Mix cornflour, lemon juice and rind. Stir into the butter and sugar mixture. Heat on 100% for 2 minutes until sugar has dissolved. Cool slightly.
3 Beat in the egg yolks, cook on 50% for 10 - 12 minutes, stir every 2 minutes until thickened.
4 Pour into hot, clean jars. Cover, seal and label.

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OVEN INTERIOR

Clean the microwave oven cavity, after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and turntable support are removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.
Heat up your oven regularly by using both grill elements, refer to page 11.
Remaining food or fat splashed on the oven interior can cause smoke or a bad smell.
To prevent splashing, cover food wherever possible.

- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven. Do not remove the waveguide cover.

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.

- After Grill, Dual Cook, Convection, Instant Cook, Express Cook and Meal In One modes, the oven cavity, door, oven cabinet and accessories will become very hot. Before cleaning, make sure they have cooled down.

⚠ WARNINGS:

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**

OUTER CABINET

Wipe the outside cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore deactivating the oven.

ACCESSORIES

Racks should be washed in a mild washing-up liquid solution and dried. They are dishwasher safe.

TURNTABLE

Ensure the turntable is cleaned after every use with a mild washing-up liquid solution and dried. The turntable is dishwasher safe. This should prevent a build up of grease and food debris.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.
Simply answer "YES" or "NO" to the following questions:

1. Does the oven lamp come on when you open the door? YES/NO

(Put half a cup of water in the oven, on the turntable and close the door. Select 100% and programme the oven to cook for 1 minute.)

2. Does the oven lamp come on? YES/NO
3. Does the turntable rotate? YES/NO
4. Does the cooling fan work? (Check by placing your hand above the air-vent openings) YES/NO
5. After 1 minute does the "beep" sound? YES/NO
6. Is the water in the cup hot? YES/NO

(Take the cup out of the oven and close the door. Set the grill time for the top and bottom grill for 3 minutes.)

7. At the end of 3 minutes do both the grill elements become red? YES/NO

(Programme the oven on convection 180°C for 3 minutes.)

8. Does the oven lamp come on? YES/NO
9. Does the turntable rotate? YES/NO
10. After 3 minutes is the oven cavity hot? YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check the troubleshooting chart on page 65.

⚠ WARNINGS:

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

IMPORTANT: If the display shows nothing even if the power plug is properly connected, the energy save mode should carry on. To release it, open and then close the oven door. See page 8.

NOTES:
The following cooking conditions should not cause concern:

1. If you cook food for more than the standard time (see chart opposite) at the same power level, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced and the grill heating elements will turn on and off.
2. After Grill, Dual Cooking, Convection, Instant Cook, Express Cook and Meal in One modes, the cooling fan will switch on for cooling the oven cavity. When the cooling fan works, the display may show "NOW COOLING". To clear it, press the **STOP/CLEAR** key and the display will show the time of day, if set.
   During these modes, the cooling fan will also work when you press the **STOP/CLEAR** key. You may feel air blowing out of the air-vent openings.

COOKING MODE	STANDARD TIME
Microwave 100% cooking	20 MINUTES
Grill cooking	
GRILL - 1	30 MINUTES
GRILL - 2	45 MINUTES
GRILL - 3	TOP GRILL 15 MINUTES
	BOTTOM GRILL 15 MINUTES
Dual cooking	
DUAL - 2	
Microwave 100% cooking	MICROWAVE 20 MINUTES
	TOP GRILL 15 MINUTES
Microwave 10% - 70% cooking	TOP GRILL 30 MINUTES
DUAL - 3	
Microwave 100% cooking	MICROWAVE 20 MINUTES
	BOTTOM GRILL 15 MINUTES
Microwave 10% - 70% cooking	BOTTOM GRILL 45 MINUTES

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE
Draught circulates around the door.	When oven is working, air circulates within the cavity. The door does not form an airtight seal, so it is normal for air to escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
After setting the time, the oven does not start.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON/OFF during cooking/defrosting.
Outer cabinet/door is hot.	The cabinet may become hot to the touch - keep children away.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes = **EARTH**
blue = **NEUTRAL**
brown = **LIVE**

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown opposite.
Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.
If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E or ⏚ or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

⚠ **WARNING!**
THIS APPLIANCE MUST BE EARTHED.
IF YOU HAVE ANY DOUBTS ABOUT YOUR ELECTRICAL SUPPLY ASK A QUALIFIED ELECTRICIAN.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: 08705 274277 (office hours).
- For general information & assistance with oven queries, please contact our

  Customer Information Centre:

  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: http://www.sharp.co.uk/support
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd. Telephone: 0121 766 5414

GUARANTEE

Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee:

1 This Guarantee shall only apply to defects or faults which are notified to the Company, or SHARP approved service facility, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.

2 This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.

3 This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a SHARP approved service facility.

4 Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.

5 In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service.

   Telephone: 08705 274277 (office hours)

6 This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.

SPECIFICATIONS

AC Line Voltage	Single phase 230-240 V, 50 Hz
Output power:	
Microwave	900W (IEC 60705)
Grill (Top Grill)	1000W
Grill (Bottom Grill)	500W
Convection	1450W
MAFF heating category	E
Input Current:	
Microwave	6.5A
Power Consumption:	
Microwave	1.45kW
Top grill heater	1kW
Bottom grill heater	0.55kW
Microwave & Top Grill Heater	2.4kW
Microwave & Bottom Grill Heater	1.95kW
Top & Bottom Grill Heater	1.5kW
Convection	1.525kW
Microwave frequency	2450 MHz
Outside Dimensions	520(W) x 309(H) x 488(D)mm
Cavity Dimensions	349(W) x 207(H) x 357(D) mm
Oven capacity	0.9 cu.ft (26 litres)
Cooking uniformity	Turntable diameter (325mm)
Weight	Approx. 19kg (R-874M and R-884M) Approx. 20kg (R-84STM)

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

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The illustrations, technical information and data contained in this publication to our best knowledge, were correct at the time of going to print. The right to change specifications, at any time, without notice, is reserved as part of our policy of continuous development and improvement.

SHARP

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